RAMSEY & WARBOYS REPORTER

ISSUE 24 • JUNE 2017

COVERING LOCAL NEWS, SERVING LOCAL PEOPLE

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BURY • UPWOOD • HOLME • CONINGTON
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SEE INSIDE FOR YOUR JUNE ISSUE OF THE RAMSEY & WARBOYS REPORTER THE REGION'S FAVOURITE NEWSPAPER

Bridget Z D SMITH

- Meet Local Housing Needs
- Standing up for the NHS
- Opposing School Cuts
- Supporting Local Business
- A Choice over Brexit Deal

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On June 8th for a hard working MP, vote for

Bridget Z D SMITH Liberal Democrats

The NEW Voice for N

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NW Cambridgeshire

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UnLtd AWARD WINNER

Walled Garden opens spectacular glasshouse

Ramsey Walled Kitchen Garden officially unveiled its new Glasshouse at a special reopening event on May 13th.

Six time RHS gold medal winner Bunny Guinness cut the ribbon on the new structure, with trustees, volunteers, local dignitaries and members of the public able to view the garden at the event. Before the official opening, guests invited by the trustees met over a buffet lunch.

Funds for the glasshouse came from a generous legacy provided John Drake MBE. Mr Drake was described by trustees as a tireless supporter of the work to re-establish the garden who is sadly missed.

A harpist funded by the Ramsey Arts Festival entertained visitors from within the glasshouse, which dazzled with its new trompe-l'œil trellis and a selection of plants already thriving.

Pathways and planters have also been refurbishished.

CONTINUED ON PAGE 4

TORIES TAKE COUNTY COUNCIL

RAMSEY SEAT CHANGES HANDS WITH HUGE MAJORITY OVERTURNED

The Conservative Party has retaken control of Cambridgeshire County Council with wins in key swing seats, including Ramsey.

2,871 votes were cast in the newly created ward of Ramsey & Bury, with the Conservative candidate taking the seat by just 144 votes.

Cllr Costello, current Deputy Mayor of Ramsey and Independent Town Councillor, gained 1296 votes to Cllr Reeve's 1152, overturning the latter's previous majority of almost 900. UKIP have held the seat since 2009. Former Labour parliamentary candidate Kevin Minnette and Liberal Democrat Alex Wasyliw also ran.

Cllr Costello paid tribute to the hard work and support of the residents from Ramsey and Bury, saying: "I'm delighted obviously, it was a lot of hard work and I would like to thank everyone who voted for me and everyone who turned up, delivered leaflets and goodness knows what else. It's brilliant".

North West Cambridgeshire MP Shailesh Vara also paid tribute to the win, saying "well certainly this is a very significant achievement for us, the seat has been held by the UKIP party for a very long time and we are very pleased today. We've put in a lot of hard work, Adela Costello is a formidable lady, she lives locally and has been there about forty years, and she has a good team of workers with her as well and so it's very encouraging".

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The Ramsey & Warboys Reporter is an independent newspaper with no ties or associations with any larger publishers or organisations.
Each month, we bring you the best selection of news, views and what's on in the Ramsey area - written and produced locally and delivered FREE to your door.

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If you have a story or if you know of an event which may be of local interest please let us know; we can publish it in your newspaper - **The Ramsey & Warboys Reporter**

Phone: 01487 462 100
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in brief

Edwards triumphantly returned to market after continental calamity

Back By Popular Demand

Customers were thrilled to see the Ramsey Market stalwart returning to it's regular spot!

Ramsey Football Club

was chosen as this year's mayors charity. To find out why, see page 21

144

margin of victory which secured the Ramsey County Council seat for Cllr Adela Costello, who unseated UKIP's veteran councillor Peter Reeve MBE

A Bovine Bother

Police responded to calls reporting a cow loose on the road between Warboys and Ramsey just after 7am on May 22nd. It was found, rounded up, and safely returned to its field by 8am

DATES FOR YOUR DIARY

JUNE 2017

1st **Talk: 'The Past and Future of Natural History'**
Wildlife Trust Countryside Centre

3rd **Bring back the Grand**
Ramsey Library

4th **ToC Gran Fondo**
Cambridgeshire

9th - 11th **Flower Festival**
St Thomas a Becket

11th **Deeping Dixielanders**
Bands on the Green, Abbey Green

17th **Annual Church Fete**
St Thomas a Becket

18th **Whittlesey Wind Ensemble**
Bands on the Green
Abbey Green

24th **Donkey Derby & Museums on air**
Ramsey Rural Museum

25th **Wississippi Jazzmen**
Bands on the Green, Abbey Green

For more information, please visit: discoverramsey.co.uk/events

ITS A GOOD MONTH FOR

CLASSIC CARS

Classic cars and busses turned up in the middle of ramsey for the Fenland Classic Car Festival (See page 19)

ITS A BAD MONTH FOR

VAN THEFTS

Police were forced to issue a warning following a county-wide spate of thefts from vans.

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WARBOYS WELLY WALK BIGGER THAN EVER

Warboys Underfives Preschool used star power and a little light encouragement to bring more people than ever to their annual 'Welly Walk' event, which took place on Warboys Sports and Social Club Field on Friday May 19th.

Former England Women's Cricket Captain was present to lend a hand at the annual event, which raises funds for the preschool. She was present throughout the morning at the school, leading a sports session with some of the toddlers present before heading out onto the field to join them for the Welly Walk.

Parents, siblings and other village children were invited, and many turned out to meet the local sporting hero and to take on the Welly Walk course, which was set-up by staff on the far side of Warboys Sports and Social Club's field, with children and parents walking a route between four cones, colouring in a set of wellies in the colour of each of the for cones before returning to the start line.

Charlotte later paid tribute to the work of the preschool, which her niece attends, saying: "They do a wonderful job, I've seen that first hand in terms of what they've done for Rosie, so its been great to come and support this".

"It's great to see them all enjoying themselves, it's been really refreshing to go in and spend some time with the young ones and hopefully introduce them a little

bit to cricket, it's really enjoyable".

Trustees Charlie and Beth thanked Ms Edwards for her attendance, and noted how important the event is for the group. Charlie told *The Reporter* that "It's an event that we run every year, it includes all the children that are currently attending the preschool, we hope their parents sponsor them to come out rain or sun and walk around this massive field colouring in! It's good to get them out, it's raining today but I think they have really enjoyed running around".

Beth later added "One thing about Warboys is they do run quite a lot of events and I think the community really like it, as you can see today its been well attended and they just love coming out and getting all together."

The money raised will go towards maintaining the preschool building, as well as buying new toys and equipment for use by the children.

news

This June, why not take the challenge and do one wild thing every day! Why?

It's 30 Days Wild!

By Mandy Corney – Great Fen

It's easy! We want you to do something wild every day throughout June: that's 30 simple, fun and exciting Random Acts of Wildness.

It might seem like a no-brainer, but we've been working with the University of Derby to prove that spending time in nature is good for you. 30 Days Wild is all about taking a little bit of time every day to do something a little bit wild, so take the challenge and you might just find yourself feeling a little bit healthier, happier and wilder!

When you sign up for 30 Days Wild, you'll receive our pack of wild goodies, plus lots of ideas from your Wildlife Trust to inspire you to go wild. But you don't just have to do what we tell you: why not make up your own Random Acts of Wildness?

Shut your eyes to listen to bird song. Take a wild walk at lunchtime. Lie back in the long grass. Search out urban wildlife. Talk to someone on your street about nature. Use wild ingredients to mix a wild cocktail.

You can share all the things you do with us on social media using #30DaysWild along with thousands of other people taking part.

It's so easy to bring a little bit of wild into your everyday life, so do something wild every day!

For more information visit http://www.wildlifebcn.org/30dayswild-0

The Great Fen is looking for new Volunteers to help with school visits.

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Contact the Great Fen Team on 01487 815524 or email mandy.corney@wildlifebcn.org

To see more about the Great Fen visit www.greatfen.org

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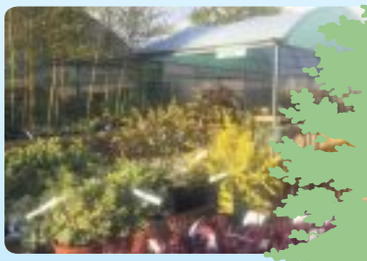

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news

Community Roadwatch CIC launches plan for Forty Foot improvements

After careful tweaking by the County Highway Engineers, and with full regard to residents' requests during the village consultation in March, Community Roadwatch (CRW) has now received the final outline costings from Cambridgeshire County Council Highways for its traffic calming proposal in Ramsey Forty Foot.

The Company's Board of Directors have approved the plan and are now ready to present to Ramsey Town Council for its full support at a meeting on June 8th. If approved, this project would be the first in the area to be proposed and funded by a privately limited Community Interest Company.

The Board's 7-Feature Project concerns only Ramsey Road, starting at the southern end of the village with a standard 40 buffer zone. The existing 30 zone will be moved southwards, away from the garage, and augmented with the use of 'dragon's teeth' (painted marketers) and red band with 30 in white.

CRW also hopes to install a set of white gates, similar to those employed in a Town Council backed scheme in Ramsey Mereside, positioned on the 30 limit at the southern end of the village. Other changes include removing the centreline line from between the 30 limit and upcoming S bends and instead painting continuous white side lines to make the road look narrower and adding up to 4 ghost features, either narrowings or tables, as funds permit.

An example of a 'Ghost' table made to look like a real raised platform

The largest, and most costly, proposal is to install a full, solar-panel lit build out, again similar to those used in Ramsey Mereside. This feature has been placed to slow inbound vehicles in a location where pollution and noise to dwellings caused by stopped vehicles will not be as much a problem were it to have been placed further into the village, something the Board was keen to avoid to meet its own ethical principles and take into account the opinions of the residents during CRW's consultation.

The village will also be provided with a Bluetooth battery-powered mini-SID to move about up to 6 CCC-pre-approved locations, for the education of drivers and to gather 24/7 traffic volume and speeding data that can be of use to Roadwatch, Speedwatch and Police enforcement teams.

Currently, funding for the £20,000 project is being provided by the Grantscape Ramsey Wind Farm Community Benefit Fund and the County Council's Local Highways Improvement Initiative, with each pledging £10,000 towards the project.

However, the project is still £2,000 over budget, despite significant cuts already being made to lower the original estimate from £26,000. Members within CRW have expressed a hope that the Town Council may consider covering any shortfall in order to allow the full project to be realised, otherwise cuts will be expected. Additionally, Cambridgeshire County Council is set to change installation contractor in July, which could lead to marginal changes in pricing.

The project is also conditional upon full Town Council support, with Grantscape advising that they would be unable to fund the project without council oversight. Consequently, CRW will be presenting the project to the full Ramsey Town Council at its meeting on June 8th.

Mr McCandless called for the support of residents, saying "Ramsey Forty Foot residents are encouraged to attend that meeting in support of the CRW Project because if the town does not fully support it then, at that point, according to the Ramsey Windfarm conditions of funding, the whole project fails and nothing is done for Forty Foot despite the considerable time and effort that has been put into it by this team of caring non-residents."

Additionally, CRW is proposing a public meeting in Ramsey Forty Foot Village Hall on the evening of either Thursday 15th June or Tuesday 20th June. At this meeting residents will be able to have the project explained in much fuller detail and be able to challenge the technical reasoning or safety concerns behind the proposed features.

Mr McCandless added "The idea is to gather support and especially objections ahead of the Town Meeting on 8 June and then the subsequent public meeting (if the project is supported by the Town Council), so no stone is left unturned and no residents' opinion is left unheard."

The process still requires Cambridgeshire County Council to carry out its own public consultation. If approved by the CCC, it is hoped the project will be completed by November.

CRW plans to have a full description of the Project and its Feature (with diagrams, costings and justification) available on the CRW website www.roadwatch.org.uk/Cambs/RFFProject from 1st June.

NO HARD SELL TECHNIQUES WITH COLIN'S HOMECARE

With so many television programmes and newspaper reports about the high pressure sales techniques adopted by companies providing bathrooms and kitchens, it really is a breath of fresh air to talk with Colin Boswell at Colin's Homecare.

"I don't usually advertise, as most of my work is through personal recommendations from satisfied customers who, (I have to say) usually become friends during the process of supplying and fitting their bespoke kitchens or bathrooms", says Colin.

Attention to detail

Colin has traded on those personal recommendations all his working life, being in business since 1979, gaining a reputation for going that extra mile and paying meticulous attention to detail. "I'm obsessive about all the jobs I undertake", explains Colin. "The service I expect for myself, I give to my customers, with no exceptions" he went on to say.

Making reference to his unhurried attitude, Colin says, "If I say a job will take eight days and it extends another day, it doesn't worry me, as I work until it's completed, and I will never abandon a job mid-way to go and do another one". "All material waste is removed from site, nothing is left and we are always methodical". "There is no substitute for experience", adds Colin.

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news

Ramsey Walled Garden delights visitors

The new additions to the Ramsey Walled Kitchen Garden delighted the crowds present at the unveiling event last month, with many praising the work of the volunteers, trustees and businesses behind the work.

The event, which began with an invitation-only buffet lunch for dignitaries and those associated with the project, was attended by Ramsey's Deputy Mayor Adela Costello and Cambridgeshire County Council Vice-Chairwoman Mandy Smith, both of whom praised the garden and its new glasshouse.

The garden shone in the sunlight as the new glasshouse was opened by Bunny Guinness, who later spoke of the many qualities of the space, saying; "I think it's amazing, there are so many walled gardens in the country, people don't realise, and you see so many of them filled with forestry, housing sites, just neglected and falling into disrepair all over the place but they are always perfect spaces in terms of micro-climate, you've got these lovely big walls designed to really maximise the site - we're all into growing, and it's the obvious thing to put it back to growing vegetables, roots flowers, and it just looks splendid, it's a wonderful space to be in, and obviously it's got a lot of fans, all these people here having a good time".

Trustee of the Ramsey Walled Kitchen Garden Trust Jane Sills spoke of her pride at the site, saying "we've been working here for twenty years, almost. I've been working here for 15 years, and it makes me feel so proud that we have been able to achieve what we have achieved for the people of Ramsey"

The garden began life as a kitchen garden for the Abbey House when the Fellowes family, now Lords de Ramsey, lived there throughout the Victorian era and into the first part of the 20th century. However, the space fell into disrepair after the site was transformed into Ramsey Grammar School in the late 1930's, only used rarely and, according to Jane Sills, becoming overgrown to such an extent it was impossible to enter.

Fortunately, the fledgling Cambridgeshire Gardens Trust saw promise in the site and started tentatively investigating what was here and who owned it before eventually establishing a lease, and when it looked like it was going to be a project that could work the Walled Garden Trust was formed –

It has been an uphill struggle, but with

the help of a Heritage Lottery Grant which enabled the Trust to create the access from the Rural Museum, things started to turn in the Garden's favour The grant also allowed the Trust to erect a pergola structure, around which is developing an apple tunnel. Gradually (all the work was done by volunteers) the garden was gradually cleared and replanted in time for the first official opening in 2010 when Lord Fairhaven, the ultimate owner of part of the site, opened it.

However, today's garden owes a great debt to John Drake MBE, who was one of the first trustees and chairman of the gardens trust. As Jane notes: "he was really the man that led this project - it was his idea, his vision, and his perseverance with the legal people at the county hall, and his enthusiasm and ideas which set the project going". He sadly passed in 2012, leaving a substantial legacy to the Garden Trust with the stipulation that it was to build a greenhouse.

The glasshouse now stands proudly opposite the main entrance from the school, with John Drake's legacy allowing enough money left over to redesign the central path to give a lovely view of the gateway and the glasshouse.

The community project also utilised the work of the government's Transforming Rehabilitation projects, wherein those sentenced with community work orders could pay back their time working at the site, providing invaluable support and gaining much from the programme. David Bynoe, a representative of BeNCH CRC who facilitated such work, spoke of the importance of such projects saying: They are very important, especially a project like this where the guys are treated with a lot of respect, given responsibility. Obviously, it's down to the way the supervisor handles that, but a project like this where they are heavily involved - people will come back here, they can see the project through from start to finish, this glasshouse we are in right now they have literally built the foundations for it, so they have seen it go from nothing, and now they are reaping the benefits"

It is hoped that the site will bring increased tourism to the area, adding to the rich cultural heritage of Ramsey. The Lord de Ramsey, who was present at the opening,

remarked as such: "The idea is put them all together, and together with the 40's weekend site as well, so you get people coming to Ramsey because Ramsey's lost its economic heartbeat, it needs things like this, it needs to create a new future for itself, because it was a very big agricultural market town and now we need to think of other things, and this is wonderful to see, and it's a success".

The Walled Garden is open from 2pm-5pm on Sundays and Bank Holidays during Easter through until October, and is accessible via the Ramsey Rural Museum.

Smile! You're in Safe Hands

Whittlesey Dental Care (previously known as Stephen Dodding Dental care) has served the local area for the past 40 years, providing excellent dental care in a safe and friendly environment. Now, having recently undertaken extensive refurbishment of the practice to accommodate state-of-the-art dental facilities in two surgeries with the latest technology, they continue to put patients' needs first offering a broad range of services, including cosmetic dentistry, implants and teeth straitening.

Personalised dental care is assured with their highly skilled and qualified, professional team who are committed to providing up to date treatment through continual education of latest developments and all their staff are registered with the General Dental Council.

Experienced staff

This family friendly practice offers a warm, relaxing environment with experienced staff able to put anxious patients at their ease.

At Whittlesey Dental Care you are treated as an individual, taking into account your specific dental care requirements. Treatments are supported by a range of dental care services designed to make maintaining healthy teeth and gums as easy as possible.

There are many reasons why a person is embarrassed by their smile: crooked, missing or discoloured teeth, gaps between teeth and ill-fitting dentures are some of the most common. These can have an impact on self-esteem and confidence.

Options available

IMPLANTS: Whether you're missing a single tooth or multiple teeth, seeking a more secure alternative for your denture, dental implants are an excellent restorative option. A dental implant is an artificial root (the part of the tooth that anchors it to the bone) made of titanium, to which a fabricated crown (the part visible above the gum-line), bridge or denture is attached.

PERFECT SMILE IN JUST SIX MONTHS: Are you one of the millions of adults in need of adult braces, who are unhappy, self-conscious or embarrassed about your smile? Many adults don't want to wear adult braces for years or are concerned that other teeth straightening procedures could be too invasive or expensive.

Now there's an effective, safe and affordable cosmetic braces solution. Whittlesey Dental Care is an approved provider of the Six Month Smiles® procedure, where clear braces are used to correct the smile within six months.

TEETH WHITENING: Teeth whitening involves bleaching your teeth to make them lighter. It should only be performed by a dentist or other regulated dental professional, on the prescription of a dentist. Some beauty salons offer teeth whitening, but this is illegal if there's no dental professional present, and could put your oral health at risk; the same goes for DIY home teeth-whitening kits.

Another solution for discoloured teeth is

veneers, which make teeth look natural and healthy. Because they are very thin and are held in place by a special, strong adhesive, very little preparation of the tooth is needed, with some types needing no preparation at all.

DENTURES: Dentures are removable false teeth, made of acrylic or metal. They are fitted over the gums to replace missing teeth, addressing problems with eating, smiling and speech. If you have an ill-fitting denture, it can be stabilised by implant dentures.

Meet the Team

Your Dentist: Dr. Gali, the principal dentist at Whittlesey dental Care, has been working in both NHS and private dentistry for the last fourteen years. She has a pleasant chair-side manner and excellent interpersonal skills, and has acquired special training in dental implants and Six Month Smiles® braces.

Receptionist and Clinical Manager: Sue Howe has a calm and reassuring presence at reception. She is well organized. She is ever so willing to offer flexible appointments to suit the needs of our clients. Sue ensures that the clinic runs smoothly.

Dental Nurse: Clair Beckett is a cheerful and passionate member of the team who has been working as a dental nurse for past 5 years. She has the ability to put at ease even the most anxious patient.

Dental Hygienist: Imelda Crossland Graduated at Glasgow Dental School in 1985. Since then she worked in different practices in Hull and in Peterborough before joining the practice in 1995. With this great experience Mel has been offering hygienist services for past 20 years in our practice.

Flexible appointments

Located in Whittlesey Town Centre, there is abundant free car parking next door. They strive to offer flexible appointments to suit your needs and in case of an emergency will try to see you the same day.

As a private provider they don't have targets to meet like an NHS practice, so treatment is un-rushed. However, quality care need not be expensive as their prices are very reasonable. You can choose to pay for each treatment or opt for a practice dental plan (DPAS) for peace of mind.

Taking on new patients, contact: Whittlesey Dental Care, 1a, Blunts Lane, Whittlesey, Cambridgeshire PE7 1AH – Telephone: 01733 202 587 email them at enquiries@whittleseydental.com or visit their web site www.whittleseydental.com

Whittlesey Dental Care

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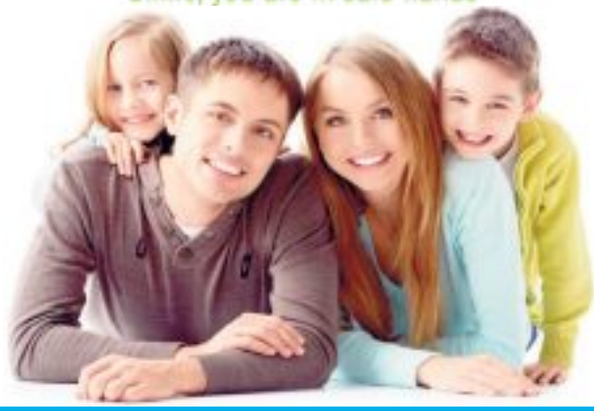

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T: 01733 202587 E: enquiries@whittleseydental.com
Whittlesey Dental Care, 1a Blunts Lane, Whittlesey, Cambridgeshire PE7 1AH

Mark Twain in Mauritius wrote "Mauritius was made first, and then heaven, and heaven was copied after Mauritius"

Mauritius is famous for its clear blue water and soft white sand, an island paradise that brings luxury to mind. In the Indian Ocean around 1200 miles off the southeast coast of the African continent are the islands of Mauritius, Rodrigues, and Réunion the perfect choice for an amazing holiday.

Mauritius isn't just about the beaches, it is filled with historical sights, cultural diversity, geographic variation and almost limitless activities. There is truly something here for everyone. There is the bustle of the mercantile capital Port Louis, Africa's wealthiest city, the busy garment markets in the towns of Quatre Bornes and Curepipe and the Black River Gorges National Park's dramatic forest landscape gives you plenty to explore. Add to this the mix of Chinese, Indian, French and African cuisine, the uplifting beat of séga music and the infectious party spirit of the islanders, and you will soon discover why, like Mark Twain, it is so many people's idea of paradise.

Up along the north coast of Mauritius is Grand Baie, with its shops, bars, restaurants and clubs. If you want to be in a lively area, this is the place for you. However the north

isn't just about the nightlife, it also has some of Mauritius' best loved sights, including the charming red roofed church that overlooks the lagoon at Cap Malheureux. The south has a completely different landscape of high cliffs and mountains. Further along the coast you will find beautiful beaches and top rated hotels.

The east coastline is where you can discover small coves and lagoons. Here life goes by at a slow pace, whether you are a member of the fishing community or on holiday. You'll find charming villages and some of the best beaches, including Belle Mare, where you can spend your time relaxing in the sun.

West Mauritius is the place to spot the dolphins that come to rest and breed. Le Morne Mountain, with its historical links to slavery, as well as some first rate hotels, known for the wide choice of water sports on offer.

There are plenty of places to visit in Mauritius including Chamarel Seven Coloured Earth, Black River Gorges National Park, Casela Adventure Park, Vanille Crocodile and Giant Tortoise Park. There are also numerous opportunities for diving and snorkeling.

For more on Mauritius contact Not Just Travel Anglia for a quote.

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letters

Dear Residents of Bury and Ramsey,
I would like to take this opportunity to thank everyone who voted for me at the local election on 4th May. It is an honour to be your representative on Cambridgeshire County Council and I will work hard to ensure that your convictions in my ability will be met. It will be a learning curve but I hope that we can be in this together. I cannot make promises but will do my utmost to achieve results. If you have a difficulty and believe that I can help, the point of contact is adela.costello@cambridgeshire.gov.uk, alternatively, please feel free to call me on 07487329013. As I am a Ramsey Town Councillor, another point of contact is the website, ramsey-towncouncil.gov.uk.
Once again, my grateful thanks to everyone who supported me and voted.
Cllr Adela Costello, CCC Ramsey & Bury Ward

Dear Sir,
I wondered what you thought about the event in Ramsey last Sunday ? I thought the turn out of cars was pretty poor compared with similar events I've been to, but what struck me most was the lack of facilities provided by the local traders. I did not see any cafe facilities open (only Madeira made an effort) despite the the large amount of out of town people attended. Don't our local traders care about the town to make an effort (and make some money)? If this had been my first visit to Ramsey I wouldn't bother again. After the debacle of the Continental Market, another joke. About time our local newspapers started to be controversial and told it as it is?
John, Ramsey

Got an opinion? Get in touch!

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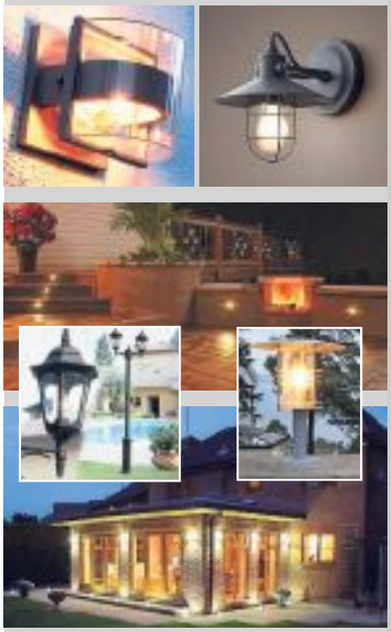

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community

RAMSEY MILLION

2017 GRANTS
MAKING A DIFFERENCE ALREADY

The 2017 grant awards were allocated in March 2017 and already they're making a big difference in the community.

We're particularly pleased to have linked two community organisations where we could see a real benefit to both. The 511 (Ramsey) Squadron Air Cadets originally applied for funds to purchase a minibus to enable them to get out and about to activities across the country.

Ramsey Community Bus also applied asking for funds to help with this years' insurance premium, particularly as other costs the community bus have to meet had also gone up.

Our community development worker and programme manager Val Fendley saw an opportunity to link them both. Why purchase a minibus when there is a community bus available, particularly at weekends when the air cadets need it? We felt that the cadets could have one or two of their instructors assessed to drive and that we could award them some funds for hire of the community bus. This meant we would also be putting money into the community transport pot to help their sustainability and ensure this vital community service continued. Win, win!

The cadets were delighted as was the community bus. They shared this great image of their first trip out on Sunday 7th May to the annual Wing Athletics Tournament. We're delighted that Ramsey was represented at the event.

Another community organisation who applied for funding but was clearly thinking about other community groups rather than just themselves was Fenland Light Railway. They had asked for funds for a new generator, this is of benefit to them while they're out and about fundraising at community events. They mentioned in their application how they could also support other organisations with power at the same events. They noticed a section of the street during the Christmas Lights Switch-On struggling with power to light their stalls – their solution was to share a generator and ensure smaller community groups didn't miss out and were 'lit-up' in the same way as the commercial stalls. Very community spirited.

We look forward to updating you on the other projects that were allocated grants from Ramsey Million as they develop during the year.

Our micro-grant programme is open all year round or until the allocated funds have been used up. This grant pot is for grants up to £100 to support unfunded groups. So far we have allocated micro-grants to:

- Ramsey Mortuary Chapels
- Ramsey Camera Club

To apply for a micro-grant, download a form from www.ramseymillion.org (the form can be found at the foot of the homepage), email grants.ramseymillion@gmail.com or contact the Neighbourhood Office.

For more details visit: www.ramseymillion.org or www.localtrust.org.uk
Facebook: Ramsey Million
Twitter: RamseyMillionBL
Contact: 01487 814897 or 07955 817137
Email: ramseymillion@gmail.com

NEW MAYOR
VISITS BOSH! CHILDREN'S CLUB

Both staff and children were delighted to welcome the new Mayor of Ramsey, Doug McIlwain to the BOSH! Club (for 5 to 10 year olds) on Thursday 18th May. The Mayor came along to present staff certificates following training in child safeguarding and first aid.

We really appreciate the support of the Town Council and also Ramsey Million who allocate funding each year to help with staff costs at both this club and our senior CRUNCH Club for age 11+

The Mayor got along very well with everyone and as it was a cookery evening stayed around to taste test the pizza's. The children were delighted and the mayor was very diplomatic about which tasted best.

Myths & legends podcast goes from strength to strength

Fencast, the new podcast about the myths and legends of the Fens, has gathered hundreds of regular listeners since it launched last month. The show, which fuses local history and mythology with cheeky humour and light-hearted debate, has established a dedicated listener base after only three episodes, with one listener likening it to Channel 4 hit The Last Leg.

Hosted by journalist and broadcaster Kit Chapman, the show asks its panel – local reporter Adam Roberts and radio host Alex Parnell – to separate fact from fiction as the team discuss the Fenland's curious customs, characters and creatures. Several notable guests have already joined the regular panel on the show including Dr James Holloway, an archaeologist specialising in Anglo-Saxon history and the legend of Hereward the Wake, and musician-come-poet Martin Newell, a cassette culture icon who told tales of the Black Shuck, a silent hound said to haunt East Anglia

Most recently, the team played host to storyteller and author of Who Made England? and Cambridgeshire Folk Tales for Children, Chip Colquhoun, who brought life to the tales of King Canute and Ethelred the Unready.

"The response has been amazing," Chapman said. "We've had several people submit their own spooky tales or ask for more information on some of the legends we've chatted about. The Fens might be drained now, but it seems their legacy lives on."

community

DISCOVER RAMSEY

HERITAGE DAY WINNER

By Ann Cuthbert, Ramsey's Promotions Officer

Winner Maya Goumal (aged 5) with Rafael Goumal (aged 3) and Rammie

Hundreds of children (and a fair number of grown ups) managed to find all the "rammies" hidden in our heritage sites on the Open Day in April. From the many completed entries in the post boxes dotted around the various sites we drew out the name of ***Maya Gourmal***, aged 5, as the lucky winner . She has been sent a lovely soft toy, Rammy the Lamb, from a great selection of toys and books from Best Wishes on the Great Whyte.

Maya's family is from Friern Barnet in north London and came up for the day to enjoy the Heritage Open Day with Maya's grandparents, who live in the town. Catherine, Maya's Mum, said, "we decided to come up at the last minute to see my parents and it was nice to spend time with three generations exploring the area. The children loved the vintage bus and it was really interesting to take them into my old school"

Discover Ramsey received some lovely photos of children with the "rammies" that they had found and looks forward to seeing more happy faces at the next Heritage Open Day on September 10th.

Ann Cuthbert, Promotions Officer,
Promoting Ramsey
ann.cuthbert@cambsacre.org.uk
07762 710257

CALLING ALL CHILDREN OF RAMSEY AND THE SURROUNDING VILLAGES AGED 5-10YRS!

BOSH! 'Bring on Summer Holidays!'

A WALK ON THE WILD SIDE

TWO ACTION PACKED WEEKS!
MON 31ST JULY-FRI 11TH AUG 2017
5-7 YEAR OLDS: 10-11.55AM
8-10 YEAR OLDS: 1.30-3.30PM

VENUE: RAMSEY CRICKET CLUB

Local Trust Big Local
SPONSOR: red butterfly design

GET READY FOR TWO WILD WEEKS OF ACTIVITIES RIGHT HERE IN RAMSEY!

PLEASE NOTE: No booking required for daily activities – you can just turn up, however day trips must be booked and paid for in advance. Each day consists of a variety of sporting and crafting activities.

WEEK 1	ACTIVITY (£2.50/child)	WEEK 2	ACTIVITY (£2.50/child)
Monday 31st July	Jungle Fun	Monday 7th August	Fantastic Fossils
Tuesday 1st August	Bugs, Birds & Beasties	Tuesday 8th August	Secret Garden
Wednesday 2nd August	Boogie Bake Off	Wednesday 9th August	Marvellous Mammoths
Thursday 3rd August	Magical Mythical Menagerie	Thursday 10th August	Backyard Safari
Friday 4th August 11am-3.30pm	Monkeying Around (Family Fun Day - all ages welcome)	Friday 11th August	Ark Wildlife Park Trip* (Coach Day Trip)

*The Ark Wildlife Park trip is £10 per child and this MUST be booked prior to Wednesday 9th August.

Bosh Ramsey
Email: jodie.rntoffice@gmail.com
Telephone: 01487 814897

SUMMER HOLIDAY FUN

BOSH! 'Bring on Summer Holidays!'

community

RAMSEY ROTARY

Artisan Fair

Valuations proved a great success

Plenty of dealers at the Artisan Fair

Ramsey Rotary Club stage an Artisan Fair, a new event in the Drill Hall at the 40's Camp. The all day event drew many visitors plus the free valuation by Willingham Auctions was always busy and proved a great success. The indoor and outdoor catering facility was well-used and provided quality food at reasonable prices.

The event raised £775 for Rotary local and international charities.

Good dining at the ball

Spring Ball

Sixty Rotarians and guests dined and danced at Ramsey Rotary's Spring Ball at Lakeside Lodge, Pidley. The fund raising event was shared with Magpas, the local charity Air Ambulance Service. The event raised £1,000 which will be split between Magpas and Rotary Charities

Magpass helicopter recently in Ramsey on an emergency

Rotary Community Service Award

Rotary Club President Chris Wick was delighted to present a Rotary Community Service Award to a local resident Ron Needham.

Ron came to Ramsey in 1999 on retirement after having worked for the airline Pan Am (Pan American World Airways) then as a Director for an airfreight company at Heathrow.

In 2008 Ron suffered a stroke then diabetes in 2010, the year he started the Stroke Club at the Rainbow Surgery. There had not been a stroke club in Ramsey before Ron set about organising one. Ron is a very community spirited individual.

The Stroke Club meets every 3rd Wednesday of each month.

Due to being unwell at the time of the presentation Ron's wife Kay received the award on his behalf.

Kay Needham receiving the Rotary Community Service Award on behalf of husband Ron from Club President Chris Wick

L to R - Ben Wick, Oliver and Susan, his mother

Oliver's experience

Rotary Club of Ramsey sponsored local lad Oliver Green for a week's residential course at the Calvert Trust.

The Lake District Calvert Trust is a residential outdoor centre with 40 years' experience delivering challenging outdoor adventure holidays for people with disabilities. On the shores of Bassenthwaite Lake, in the heart of the Lake District National Park, the centre offers a warm welcome; accessible accommodation and exciting breaks for individuals.

Oliver, accompanied by his mother Susan, returned to the club last month and gave Rotary members an enthusiastic and amusing account of his activities and experience while in the Lake District. Well-done Oliver

Champions of Change Awards

This year Rotary Champions of Change Awards were made to two local Rotarians, David Wallwork, Rotary Club of Ramsey for supporting the education of youngsters in Sierra Leone and Janet Cooke Rotary Club of Peterborough Ortons, for her wholehearted work in the Peterborough dementia café.

The Rt Hon. the Lord Hague of Richmond presented the awards at a prestigious ceremony last month in the House of Lords. In recognition of the tremendous work done by Rotarians in Great Britain and Ireland. Baroness Harris of Richmond hosted the event and Sir Menzies Campbell gave a welcoming speech. Dame Tanni Grey-Thompson and several MPs also attended.

The categories for nomination were: -

International *(David Wallwork)*

For outstanding volunteer work primarily focused on addressing international humanitarian challenges outside Great Britain and Ireland.

Domestic *(Janet Cooke)*

For outstanding volunteer work, primarily focused on addressing humanitarian concerns within Great Britain and Ireland.

We congratulate them both on their outstanding awards. Well done David and Janet

Janet and David with family and their awards

David receives his award from Rt Hon. the Lord Hague

Travelling with your pet - Safety & comfort

Last month we talked about the health risks for your pet when you take them on holiday and this month we've got some advice about how to keep your pet safe and comfortable throughout the journey.

Safety

It's actually a legal requirement that pets are restrained in some way while travelling in a car so as to not distract the driver but it is also advisable for their safety and yours! Restraint can be done in a few ways – a harness with seatbelt, a crate or a dog guard. If they are in a crate or boot space. A smaller area is actually better for their safety. If the car suddenly stops there will be less movement and a lower risk of injury. That being said, your pet still needs to be comfortable and must have room to lie down – the right balance is important. It is also a requirement on public transport to have pets under close control, so a correctly fitted lead and collar (perhaps with a safety second loop just in case they slip their collar) is especially important around ferries, trains and busy roads.

Restraint and appropriate training is also important to prevent loss of your pet – make sure they can't escape as soon as you open the car door. A harness and seatbelt is good for this or you could leave a lead on your dog or have a secondary door which will allow you more time to vacate the vehicle. Prior training is also advisable, a good 'wait' command is very useful as well as the pet becoming accustomed to the routine of getting in and out of the car.

We recommend your pet wears an ID tag with mobile numbers on it for the duration of your holiday and that they are also microchipped.

Comfort & Stress

As well as safety, you will also want to make your pet as comfortable as possible. This doesn't just mean a comfy blanket but also access to water (travel bowls are available), air flow and preparation. Just as you need breaks, so does your pet. It's advisable to stop regularly (and offer water if not accessible during the journey). Please be warned NEVER leave your dog in the car when you go into the services. Cars heat so quickly (even with the window open) and it could cause life-threatening heat stroke!

Another important aspect of pet travel is stress, cars are an unusual experience and many pets need time to get used to it. We would recommend every pet owner to expose their pet to the car early and practice with short journeys and try to associate it with good things (not just to bring them to the Vets!). This will help them become accustomed to it and they will be more relaxed. This will also help with possible travel sickness. There are products available to support this training such as calming aids and travel sickness medication – your Vet can advise you on this.

Considerations

Finally, before you depart on your jolly hols, there are a few other considerations we recommend to add to your preparation agenda.

- Do you have the details of the nearest Vets at your destination?
- What is the pet policy at your accommodation? Are pets allowed to run free in the garden? Do they have to be crated? Is there somewhere you can leave them if you pop out for a meal?
- What are the arrangements on public transport for pets? Will the ferry allow dogs on the deck, or do they have to stay in the car? (Really not ideal!).
- Is there extra precautions to take for their health? The Continent has other pet disease dangers than here in the UK, for example sandflies. The diseases we mentioned last week are far more prevalent in areas of Europe.
- Is your pet insured abroad? It is worth checking your policy details to see what you pet is covered for.
- Is everything right on their pet passport and you know what you need to do to re-enter the UK? Each country have their own pet entry requirement such as rabies vaccination or monthly worming. Familiarise yourself with the country's policy and also the UK re-entry requirements. Visit www.gov.uk/take-pet-abroad for more information.

For more travel advice, contact Cromwell Vets surgery on

01487 814789.

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Warboys WI Report

Our April meeting was entitled "My gap year in a leper colony". June Welton had spent a year in Burma when she left school helping in a leper colony. Her father, a diplomat, had insisted that she should work during her "gap year". It was a most interesting and moving evening.

A large group of our members thoroughly enjoyed Hinchingbrooke Arts Centre's production of Legally Blonde with a cast mostly comprising local school students. . Later in the month some of us visited a huge WI Fair at Alexandra Palace. Other events included our Federation Day in St. Ives and a Spring Walk in Northborough.

We began May by running a stall, "Found in Grannies Attic" at our villages' It's a Knockout where we raised money for Denman College. Our monthly meeting discussed two resolutions for the National meeting. One concerned the vast amounts of plastic that ends in the oceans and causes problems for marine life, while the other concerned loneliness in the community and how the W.I. might help. One of our members, Sheila Hood, gave us a very good demonstration of the different ways in which you might tie your scarf, which resulted in several members being tied in knots!

June will see us at Slepe Hall for the annual June Tea, and our speaker for the monthly meeting will be Chris Hall who will instruct us in the making of a Venetian Mask.

We welcome any visitors to our monthly meeting held on the second Wednesday at 7.15 in the Parish Centre for a free taster.

MUSTO®
Is coming to Ramsey

Picture Debs Corney & Janice Granger from Ramsey St Mary's WI at 1940s themed evening.

Ramsey St Mary's WI

Another busy month for Ramsey St Mary's WI. Our meeting saw members from the Yaxley Flower Club demonstrate different ways to display flowers bought from local stores in a supermarket challenge.

Talking of supermarkets we also took part in a national weekend of action on supermarket food waste when WIs were asked to present a manifesto to their local stores. This manifesto outlines what the WI would like supermarkets to do to address this issue.

Towards the end of the month some members visited Woburn and enjoyed a great day walking around the house and gardens. We also hosted the annual group meeting and welcomed ladies from Ramsey, Abbey and Holme WIs to the drill hall on the 1940s Camp with a forties themed evening, entertained by duo Back Two.

Contact 01480 453 137

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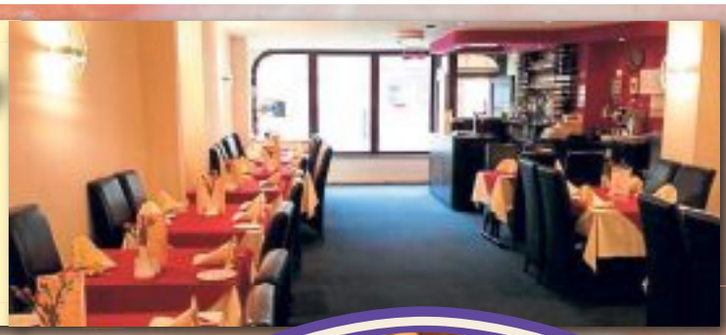

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community

Sally Dalley (WI), Anna Bradley-Dorman (WI), Angela Moore (Admiral Nurse, Hinchingbrooke Hospital) May Parker (WI), Linda Collumbell (Chair of Carers Trust Cambridgeshire & WI Member)

Huntingdon & Peterborough WI's

Carers Welcome - Thousands of Items Donated by Local WI Members

The 59 WIs in and around Huntingdon & Peterborough have been working with North West Anglia NHS Foundation Trust, Carers Trust Cambridgeshire and the Alzheimer's Society on a pilot project to provide a 'Comfort Pack' for the carers of in-patients living with Dementia.

The 2000 members from this region donated thousands of items for these packs and Huntingdon District Council printed the feedback cards that will be used to gauge the success of the initiative. We were overwhelmed by our members response to our call-out for items for the Carer Comfort Packs and we managed to make up just under 250 so far. The project was prompted by a WI resolution passed in 2016 and the pack has been developed from an idea suggested by a local WI member. Often when loved ones are rushed into hospital there isn't time to pack a few essentials to keep them going in those first few hours after admission. A stay in hospital shouldn't be catastrophic for people with dementia and their families, but we know in some cases it can be. Nationally more than 90% of carers report that their loved one with dementia found the hospital environment confusing and frightening. Fortunately for patients in this area Peterborough City and Hinchingbrooke Hospitals are aware of this and work very hard for it not to be the case. However, anything that can make this time a little easier is appreciated. After consultation with a number of carers and local hospitals we have come up with a short list of essentials that can be offered to carers who need them.

The packs launched during Dementia Awareness week at both hospitals. Rob Hughes, Chairman of the Board of Directors of the Trust came to thank everyone involved in the initiative The trial will run approximately a month. During this time we will monitor whether the packs are of use. If successful we will endeavour to glean backing for the packs from local businesses, to provide sustainability to the initiative, and we would love to hear from anyone who is interested in supporting in any way.

Estelle Mitchell, Caring Communities Manager with Carers Trust Cambridgeshire and Peterborough said,

"The Carers Comfort Pack is a brilliant initiative, which will really help make a difference to family carers who find themselves supporting their loved one in a hospital setting. It's great to be working in partnership to support family carers and help create carer friendly wards in hospitals."

Alison Gray, Dementia Specialist Nurse, Peterborough City Hospital said,

"I look forward to working together in the future. I can't explain how thankful the North West Anglia Foundation Trust is to receive the Carer Comfort Packs from Huntingdon and Peterborough Federation of WIs."

Angela Moore, Admiral Nurse at Hinchingbrooke wanted to pass on her sincerest thanks to everyone involved. She said,

"My heartfelt thanks to all your amazing members, you really will make a difference."

The WI has a great history of inciting change. Here, in Huntingdon & Peterborough, we hope this small gesture by our members will go a small way to enabling carers to stay in hospital with those living with dementia.

Anna Bradley-Dorman

(Huntingdon & Peterborough Federation of WIs Vice-Chair & Chair of Public Affairs)

Abbey WI Feels Exhausted

Retirement was once thought to be a time of relaxation and slowing down but our May speaker Neil Callan turned that idea on its head. When he and his wife retired from teaching they looked for a challenge and found it buying a house and field in the middle of the fens; totally renovating the house and turning the field into a beautiful garden which they did not meticulously plan by drawing it out on paper but allowed ideas to gradually evolve.

The talk entitled "From Crowbar to Crocosmia or the making of a fenland garden" chronicled the work undertaken over a period of five plus years to turn a wilderness into a stunning garden complete with a 45-foot-long pond, which took 48 hours to fill from two taps using 100,000 litres of metered water; a wildlife meadow, a bug bed, tower, pergola, formal colourful beds, lawn and a vegetable garden. Years of farmyard use left parts of the field when excavated with floors of concrete and compacted flint not to mention the nettles, mallow roots and badly planted shrubs and trees.

National Garden Scheme

The ladies felt quite exhausted by the slides of Neil or his wife wielding a pick-axe or wheel-barrowing tons of concrete to the skip or yards of soil from front to back garden. They now open the garden for charity by appointment as part of the National Garden scheme. We are making plans to take up the offer of a visit complete with cream tea and a chance to see some of the wildlife which regularly frequent the garden. The competition this month, aptly a flower arrangement in an egg-cup was won by the President and second was Kathy Bodle.

During the business part of the meeting the ladies were given a brief resume from notes gleaned at a special resolution meeting related to the two short-listed resolutions – "Alleviating loneliness" and "Plastic Soup – microfibres entering the food chain". They then voted for either, both or neither of the resolutions going forward to the National Conference in Liverpool on June 6th.

Thomas a Becket church

A couple of our ladies will be attending. Early warning was given of Abbey's intention to run a fund-raising stall at the Thomas a Becket church fete on June 17th. Members were asked to contribute any homemade items (not cake). They are always most generous in their support of worthy causes as was testified on May 5th, when the W.I. collaborated with the National Association of Flower Arranging societies to produce a "lonely bouquet" (see photo).

The idea of the bouquet was to spread a little joy by making a small bouquet and leaving it somewhere for a random stranger to find. The bouquets were tagged with the details of the W.I. producing them. I was thrilled to receive several phone calls from recipients thanking us for our thoughtfulness and for making their day.

Now that the local elections are over Abbey is back this month to its usual slot of the first Thursday in June at Bury village hall 2;00 till 4:00 when the speaker will be Yasmin Chopin on Interior Design, with the competition being a decorated plate. Before this we have a lunch club date to keep, a coffee morning to attend, some have book group and others craft besides a Group meeting with a 1940's theme hosted by Ramsey St. Marys. More of that next month. If you would like to join us for any of the events you would be made most welcome.

For more information please contact Karen Prestage on 01487 813848

community

BENWICK BANTER

By Jill Hindle

Annual Parish Assembly

A poor attendance was reported for Benwick's Annual Parish Assembly which was held on Sunday 14th May in the Village Hall.

One councillor was in attendance to chair the meeting for just six members of the general public.

Benwick in Bloom

The Benwick in Bloom team were busy at the weekend and have now installed

new self-watering planters on the Whittlesey Road Bridge, planted with trailing pink and white Petunias.

This latest Bloom project has been made possible with funding from the Burnt House Farm Wind Farm, making a beautiful entrance to the village.

Refurbishment of the bridge has been carried out by the Community Pay Back Team with the paint supplied by Cambridgeshire County Council thus saving a great deal of money and good maintenance.

The Benwick Exhibition

By Jill Hindle

The Benwick exhibition was an astounding success with many visitors with special guest Stephen Barclay giving support to our group.

Down Memory Lane with Janet Fountain

In the last issue I mentioned the pubs in Benwick High Street.

Practically next door to The Bell was The White Hart owned by the Greene King Brewery. Again it was a beer house only but it did have an excellent bowling green at the rear. Known tenants have been Mrs. Denton, Charlie Tye and the last to leave were Arthur and Amy Edwards. After its closure George Richards acquired the premises and the yard, which was used for his haulage business. His potato buyer, Desmond Ruse and wife Joan lived in the house. When that business finished Terrance Oliver established his haulage business there too. After Terrance moved, the house and buildings were demolished and at the present time the area is residential and known as White Hart Drive. Going down the High Street The George came next, but was on the opposite side of the road. That too just sold beer and was owned by Huntingdon Brewery. There was a club room there which was used for occasional meetings, especially during the war years. Known tenants have been Tom Thacker, Sidney and Lilian Claypole & Poppy and Alf Walker. After the licence ceased the Brewery sold the property which is now privately owned and has been renovated.

BURY RESIDENTS' CHARITY

NOTIFICATION OF 2017 ANNUAL GENERAL MEETING

The Annual General Meeting of the Bury Residents' Charity will be held in the Village Hall on Monday 5th June, 2017, beginning at 7.30pm.

All Bury residents are welcome to attend – please submit any proposition/suggestion to the Secretary 48 hours before the meeting.

New members are needed to help keep this volunteer-run village facility viable.

Pat Tuffin
Hon Sec BRC
1, Sunfield Rd, Bury, PE26 2NN

01487 812785
email: buryresidentscharity@gmail.com

ST. THOMAS À BECKET CHURCH AND ST. MARY'S CHURCH FETE

SATURDAY 17TH JUNE FROM 1.30pm TO 4.30pm ON ABBEY GREEN RAMSEY

FUN DOG SHOW

CLASSES TO INCLUDE:

- WAGGIEST TAIL
- BEST BISCUIT CATCHER
- MOST HANDSOME DOG
- PRETTIEST BITCH
- ONE THE JUDGES WOULD LIKE TO TAKE HOME (CHAMPION)

ENTRY FEE £1 PER DOG
JUST TURN UP AT 3.00pm TO JOIN THE FUN AND WIN ROSETTES, CERTIFICATES AND DOGGIE TREATS

Sponsored by Powerability

St Thomas à Becket Church & Ramsey St. Mary Church on Abbey Green

FETE

Saturday 17th June 2017
1.30pm – 4.30pm

To be opened by
Lord & Lady De Ramsey

Special Features include:
Miniature Steam Train,
Upwood Ukuleles, Urban Dance Group,
Ashbeach Choir & Dancers
Fun Dog Show (sponsored by Powerability)

Chris Bylett & Charlie

Refreshments, Stalls and Raffles

RAMSEY HOSTS CLASSIC CAR EVENT

The Great Whyte played host to a fleet of classic cars of all ages, shapes and sizes this month as the Fenland Classic Car Show descended on the town.

A range of vehicles filled spaces all the way from the former Barkley's building up to Abbey Antiques, who were open and ready for business with classic bicycles and other assortments for sale on the street. Also getting into the spirit of things was the Madeira Fish Shop, which set special tables outside for hungry visitors.

The wide assortment of timeless motors included a number of more contemporary classics such VW Camper-vans and Ford Mustangs alongside the more traditional models, while a number of motorbikes parked up to add something a little different to proceedings.

The event was arranged to coincide with the Busfest, which was hosted in nearby Whittlesey. Vintage buses ferried eager onlookers from the Great Whyte to the festival and back every 30 minutes.

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community

NO TAKERS FOR **FREE TEA AND COFFEE** IN RAMSEY

By Maurice Kendrick

Walking along the High Street in Ramsey recently, I was invited to enjoy a refreshing cup of tea or coffee by my friend Claire Thawait at Milkshake Junction.

She wanted to tell me about a marketing idea she had which proved unsuccessful and couldn't understand why no one who passed her premises wanted a free cuppa.

I suggested that maybe those good people of Ramsey who passed by her window didn't fancy a tea or coffee at that time but Claire said a chap walked by, saw the poster and then walked back carrying a hot drink he'd purchased from another establishment. "I laughed out loud" said Claire, "and couldn't help saying, 'you've just paid for that coffee and you could have had a free cup here', it was quiet and I think he heard me, as he looked up as I said it", she added.

Suspicious

I then said that us humans are a suspicious bunch and are never convinced that you get anything for free, there is usually a catch. Claire said that is probably true but hers was a genuine offer. She had just redecorated and thought the offer would allow people to see the new look Milkshake Junction.

We talked for some time about this as I've had a great deal of experience in helping local businesses promote their products and services during my many years in sales and marketing. I also asked other local businesses for their opinions and had quite a few suggestions for future promotions which I have passed on to Claire.

So keep your eyes on Milkshake Junction's windows.

Ramsey library

Friends of Ramsey Library

There were 140 questions to answer in the Friends of Ramsey Library's crime fiction quiz. That didn't put people off and they used their "little grey cells," books and their computers to find the answers. Several completed quiz sheets were returned and the winner with 138 correct answers was Gill Mitchell. Congratulations to Gill, who has won a national book voucher.

On Saturday 20th May there were fishy goings on as ocean scenes, octopuses and of course fish were crafted by talented youngsters. The money raised by the Friends goes towards events in the library, Ram Jam and extra equipment not paid for by the County Council.

Arts Alive

The final event in the second phase of Arts Alive was a visit to the library by the talented Jools Bentley, author and illustrator of "Hippopandamouse." She spoke to 64 children from Ramsey Spinning Infants School about her life as an author, her book and how she created her characters. Jools was a finalist in the Cambridgeshire Children's Picture Book Award "Read It Again!" created by Cambridgeshire Libraries. "Read It Again!" is now in its 12th year. Thousands of Cambridgeshire children in local schools read, discuss and then vote for their favourite book from a shortlist of eight titles. We were very pleased that Jools was able to take time out of her busy schedule to visit Ramsey Library and entertain everyone there (including some older library users who just happened to be there at the time).

Jools was uplifting and engaging, creating Hippopandamouse characters with the children, which will be on display at Ramsey Library, as well as creating hilarious animal misfits with their help. A thoroughly enjoyable time was had by all. The winner of "Read It Again!" was revealed a few days later and it was "Lazy Dave" by Jarvis.

New Arts Alive workshops and events are currently being planned for October 2017 onwards so keep up with Ramsey Library events by visiting https://www.facebook.com/pages/cambridgeshire-libraries/134524859924810 and https://www.cambridgeshire.gov.uk/library or talk to staff at Ramsey Library.

Ramsey Library held its first Lego Club on Saturday 22nd April and it was enthusiastically received. Due to the popularity of the event we hope to be holding additional sessions over the coming few months.

Lion Learners will be returning to the library during National Bookstart week. This will be on Saturday 10th June from 10.30-11.30am. Tickets cost £1.50 and need to be bought in advance from the library. This event is suitable for ages 4+ and an adult must stay with the child.

feature

MEETING THE MAYOR

ADAM ROBERTS TRIES TO GET TO THE HEART OF THE RAMSEY'S LEADERSHIP TEAM, NOW THEIR ROLES ARE REVERSED.

There has been a change at the top of Ramsey town council. Councillor Doug McIlwain and Councillor Adela Costello have built up a bond over the last two years, with Adela as Mayor and Doug her deputy. Now, the roles are reversed, and yet it seems that between them little has changed. When I met them at the Old Nene Golf Club, they are smiling and chatting happily.

They have reason to be cheerful. Doug was elected unopposed as Mayor just three days before, and Adela has the confidence of both the town and the council, having won elections to both the County Council and Deputy Mayorship. Wandering to the table, I turn my mind to questions of town policy and the future. Twenty minutes later we are laughing over sandwiches - Adela is far too full to finish the ample side of crisps, and I am stealing the remainder.

This is testament not only to the personal bond between the two, but also the down-to-earth personalities I have come to expect from the Mayors of Ramsey I have known. We are a town without pretension, and we tend to elect those that are the same – certainly while Doug and Adela have both worn the chain of office and stood as first citizen, neither puts themselves above anyone else.

"The days of the individual in this job have gone", Doug tells me later. "It's about getting out there into the community and working with the community and the partners, for the benefit of Ramsey, not for self-interest or political interest". And, with that, we are back to politics, a subject never far away from the controversial chamber.

Party games

Doug is no stranger to political office. A former Mayor of Huntingdon, he has worked alongside Sir John Major during his premiership, and remains a staunch Conservative to this day. However, I don't even get a chance to bring up the neutral nature of the mayorship – I'm beaten to it. "I'm an apolitical mayor", he tells me, "I'm an unrepentant on the town council, but as far as the mayorship is concerned I am apolitical, I do not take a political side. I chair the meeting in the council".

So you won't run for higher office? I'm thinking of the District seats opening next year, which are set to be as highly contested as those at County. Doug remains neutral, not committing to nor denying a run, but is adamant he will not mix civic and political. "If I do, I won't campaign as mayor". I move on.

So, how does this match up to his stint in Huntingdon, almost twenty years ago. "It obviously gave me a grounding, I was 31 when I became mayor of Huntingdon, and 48 now, it's been a long time, but I'm as honoured to be elected mayor as Ramsey as I was mayor of Huntingdon". At the time, and indeed now, he is known as a firm chairman, and has already used the mayoral gavel to some effect during meetings.

Cllr Doug McIlwain, Mayor of Ramsey with Deputy Mayor Cllr Adela Costello

Doing the honours

This is more than a simple matter of style. "Standards are important", he explains, "and respect for councillors in the chamber is also important (regardless of size), so I will chair those meetings with respect in mind. I think its important to have respect for each other, and the only time I will get involved is if I feel someone is not respecting another councillor or going off tangent for political reasons, and people have".

This comes up again a little later, during our discussion of Ramsey Football Club, Doug's chosen mayoral charity. It is in these kind of discussions that you get a feel for the kind of man he is, and what he will bring to the role. Certainly his passion for football shines though, although he admits that fundraising for his beloved Huntingdon Town would have been impossible, but argues that utilising the profile of the Mayor is something which sits at the heart of his philosophy. "Raise the profile, that's the thing - Raise the profile of the football club and help in any way I can. In fact, if any group or organisation wants me to go along, well maybe not me per-se but the mayor to go along to their event, whatever it is, that's what we're here for".

"The mayor of any town is ceremonial", he continued. "There's no power. They give me a gavel but no-one listens…There's no power there so what can a mayor do apart from promote the groups and organisations within the town, and I think that's our main role and that's what we should be there for. It's not about yourself, its about helping out the community. Here Adela has to disagree; "I definitely listen, she says, "when he bangs that gavel, I listen!"

A real partnership

Perhaps this is why Doug was so pleased to have Adela take on the role as Deputy Mayor, which required her to triumph in a close, secret ballot against Cllr Robert Brown during the last full town meeting. I ask her what she has taken away from her previous two year tenure as Mayor, and she too is full of praise for the organisations within the town. "The main thing over the last couple of years has been getting to know the groups in Ramsey, and the people, and I think I've tried to bring everyone closer together, and I think that's been achieved".

"I think also, not that it's been my achievement, but I think the Heritage Sundays are wonderfully and I have to complement the Promoting Ramsey Project. I think those days in Ramsey have been just constantly fantastic and its been lovely to have been involved in it".

Doug also praised the project, which has run a number of successful events in the town, and called for the Town Council to step up and help with the effort. "Ramsey's not run by the Town Council - the people elect the Town Council, and therefore they can unelect them. The local organisations, who do fantastic work for Ramsey, are not elected by the people, so I want to work in partnership heavily with them".

The key

This nicely segues into a conversation on town policy. Tourism is important, that much is clear, but what else does the new Mayor value? He's happy to be quoted on his strong opinions, particularly with regard to growth, which he sees as vital to Ramsey's future. "Ramsey needs to grow, residentially, and I truly believe that the business won't come until the housing is here. The infrastructure won't come until the housing is here. The school is at half capacity. The Co-op is sitting empty, if we had the people here, another shop would open because there would be a market for. And, no politics played as far as I'm concerned, housing is required. That's affordable housing, whether that is social or otherwise, it needs to be affordable and we need to attract other people to come into Ramsey for diversity. I'm quite passionate about that".

Probably our most controversial subject was traffic calming. "This is not a view of the council", Doug begins, "but my own personal view is that traffic calming doesn't work. I think the money needs to be spent in other ways but that is a personal view and I will, of course, go with the view of the council".

The writing on the wall

While I wouldn't go as far as to was he's an interventionist, he certainly wants to get things moving, although he did condemn the idea of meetings with no obvious goal. "Not meetings for the sake of meetings", he tells me adamantly, "There's no point. And, if we are going to do something, let's get on and do it, within the time frame. There is so much frustration in council when you put something forward and, then years later, they're still talking about it. If we're going to do it, let's do it or shelve it".

That being said, he is aware of the difficulty of the road ahead. I ask if he still considers himself something of an outsider; despite being schooled here his public presence has been largely based in Huntingdon. "Ramsey is a town I've got a lot of passion for", he begins, "Huntingdon is where I was born, its always going to have a place in my heart, but Ramsey is the same". Finally, we get to the heart of Doug's vision for Ramsey, as he starts to describe the town he is now first citizen in: "It's a quaint market town that needs to have some growth, because I don't want Ramsey to die. We now only have one bank, one solicitor, one accountant - we used to have an abundance of these things. We do have cafés, take-away shops but we need more". Here you can see something of the politician, building rhythm and finding his point.

He continues: "We are becoming a one thing town. Is that because we've turned down planning applications and not wanted to grow, or is that because no-one is interested in Ramsey? I don't know, but it's something I want to find out. It is my aim to try and get a national chain, to bring a national restaurant or something into the town. Whether we can do that or not is another matter, but it is something that I would aim for because Ramsey deserves it and the people of Ramsey deserve it as well".

And that, really, was that. We talked for a while, I stole a last handful of crisps, and left the pair to their deliberations. I am left to ponder what sort of person our new mayor is. A strong personality to be sure, and he'll need to be if he plans to achieve those stated aims in Ramsey. Not a ditherer, he has a purpose which the Town Council will find useful, and a respect for both the position and its neutrality. A man who gets things done? That remains to be seen. Other than this, he is a lively conversationalist who will have no trouble mingling at a civic event, a passionate football fan and a dog person. Now, he has twelve months to prove or disprove these notions, as everything could change when the Town Council comes up for election next May.

opinion

What will sway your vote in the general election?

With two million newly registered voters going to the polls this month, over 25% of whom are 18-25 years old, we ask a few of Ramsey's under 25s what will sway their vote.

BETHANY ASTON

The more I learn about politics the more disillusioned I become. I see drab men and women in expensive suits bickering like children in a playground trying to undermine each other at every opportunity. The issues these politicians are discussing are ones that will potentially affect me for the rest of my life and yet I am struggling to identify myself with any of them. Their policies are disguised by preconceived ideas, controversies and giant blue buses.

Like many, I have been heavily influenced by my parents political views and followed them blindly to the polls without really every formulating my own views. They say you should never bring up politics at a dinner table because it provokes such fierce divides. For me therein lies the problem with British politics as it is now. More than ever we need to be a united nation and yet the social, economical and financial divides are becoming ever more present. We are running towards a finish line emblazoned with the words 'too far' and wondering if we'll ever cross it. Until I am convinced that a political party can stop us in our tracks, mine will remain a vote made without confidence.

SAMUEL DEW

Abolish tuition fees, invest billions into public services, get a Brexit deal that "puts the economy and living standards first," and on goes the list of promises from Corbyn and Co; all funded, of course, by the few wealthy elite of our society. In fact, the only thing missing from Labours' manifesto is a promise that England will win the next World Cup.

It's perhaps easy to see why so many people believe these idealistic policies, but in times of uncertainty, living within our means must take priority, a package offered by Mrs. May. Combine that with the scary thought of Mr. Corbyn's views on terror, while Diane Abbott counts on her fingers just how many police officers she needs, and you have a recipe for disaster. While I am generally open to who I will vote for, this election I cannot be swayed. Strong and stable leadership it is.

KATIE BROADBENT

Many of the young person policies are irrelevant to me during this election. Things such as the removal of tuition fees don't concern me. I agreed to go to university knowing that I would have to pay £9,000 a year for my education, and I am happy to do so as I have gained valuable knowledge and experience whilst studying. As a university student, I am always looking towards my future prospects and career. Therefore, my vote will be swayed by policies which will affect me once I have left university next year. Looking at the Brexit promises, economy plans, and housing schemes will all influence my decision.

In addition to this, by having family that work in the public service sector, the NHS, mental health policies and social care strategies will also affect my choice to ensure a fair working scheme for employees, whilst also providing the best possible care for the public.

EMILY BRADLEY-DORMAN

What will sway my vote? Honestly I don't know. I completely stand by the notion that if you don't vote then you forfeit the right to complain about who is running the country and I'm English, I love a good grumble about politics (and the weather). However, at this point all I really know is whom I'm NOT voting for as it feels to me like we are voting for the best of a bad bunch. I will not vote Conservative, nothing will change that but voting Labour feels like following the white rabbit into wonderland… and maybe not in a good way. The things I look for, the things I find important are Mental Health, the NHS, a less intense Brexit and education but they feel like the promises often broken first. Personally I'm swaying towards Labour but there is lots of other, smaller parties I still need to consider.

THOMAS RALINE

The taboo of not voting doesn't hold the same sway with me as it is supposed to. Because we do not live in Australia, and therefore I can legally do so, I see no point in supporting a legislative process who continues to malign my future while protecting the older generation who can be relied upon to vote for whatever colour they always have, regardless of what the party behind it has been doing or saying.

A lot of commentators are trying to suggest that if we refuse to participate then our votes will not be courted, blaming my generation for the apathy they have created – and yet my vote is meaningless here save for a single party! The voting system needs to change if we are ever to be heard, and until then I won't put my cross beside a candidate I already know will not get in, regardless of their leader.

North West Cambridgeshire: Candidates in 100 words or less

JOHN WHITBY

UK INDEPENDANCE PARTY

UKIP's Ward Councillor for Fletton & Stanground on Peterborough City Council, John Witby has also made Brexit a key talking point on the campaign trail, calling Conservative candidate Shailesh Vara a "staunch remainer" and promising to hold the government to the UKIP 'six point test' before any deal can be agreed. Living and working in North West Cambridgeshire, he has vowed to change the status quo. He has also spoken out on BBC Cambridgeshire about the current housing and infrastructure policy, saying "It's OK building houses out there, but there's no infrastructure around there to support the houses that are built".

BRIDGET SMITH

LIBERAL DEMOCRAT PARTY

Bridget works as a consultant in project development and fundraising, and has just begun her third term as a district councillor for the Gamlingay ward. As the leader of the South Cambridgeshire Liberal Democrat group, Currently de-facto 'Leader of the Opposition' within South Cambridgeshire District Council. She has spent time on the campaign trail speaking about the importance of a Brexit deal, the role of education and her vision to create "strong communities" with less crime, cleaner streets and state of the art facilities. Recent posts on her website have also expressed clarification over the Liberal Democrats cannabis legalisation policy.

IAIN RAMSBOTTOM

LABOUR PARTY

A resident of Oldhurst, Iain has been Chairman of the North West Cambridgeshire constituency Labour Party for the last seven years. He has spoken against cuts to public services, including social care and the NHS, and has accused the Conservative Party as being one which "only looks after the privileged few". He is self employed and works as a market trader in several local towns. Upon his announcement, Iain said: "Cambridgeshire is my home. It's where I live and work and I am proud to be Labour's candidate for June's general election. Last year's candidate Kevin Minnette welcomed his selection, saying he is "what North West Cambs deserves".

GREG GUTHRIE

GREEN PARTY

A member of both the Peterborough and Huntingdonshire Green Party groups, Greg moved into North West Cambridgeshire 20 years ago and works as a Civil Engineer. His work with communities around the country has left him looking for what he calls "a different way [forward], a positive way based on strong, resilient and inclusive local economies, where there is a need for individual and societal responsibility, sharing problems and sharing the benefits". He has also opposed the creation of grammar schools, and promised to work towards abolishing tuition fees and a stronger local economy, saying the Green Party offers an alternative to the political complacency.

SHAILESH VARA

CONSERVATIVE PARTY

Member of Parliament for the constituency since 2005, Shailesh has watched his majority grow to almost 20,000. In that time, he has also been appointed as parliamentary under-secretary at both the ministries of Justice and Work & Pensions and introduced a private members bill to broaden the age of routine breast cancer screening, a cause he still champions. Speaking to The Reporter after the recent local election, he said: It's important that we recognise that the conservatives are not taking any vote for granted, we still have to get our message out that on June the 8th - it is a very, very important election where the country will decide who will lead the Brexit negotiations".

business

Local support for local business

As part of Face2faceHR we are passionate about working with and becoming part of the local business community, and we find that clients like that too. One of the things we get a lot of feedback on when we ask clients why they contacted us or decided to work with us was that they were looking for an HR consultant who was local. But why is this?

Virtually all of our clients are local businesses themselves, set up by local people, employing local people and mainly serving the local community. Not all by any means, but a significant proportion. They know the value of support and interaction with their local business community, and benefit from that themselves. In turn, they also like to support local small businesses and providers, and understand how doing this benefits the local business community and the economy where they are based.

But as well as that, many of them tell us they definitely feel they get the service they want from us partly because their consultant is local. Their consultant understands them and their business, their people, their priorities and where they fit into the local economy, and clients feel this adds value.

Of course the priorities and approach we use to small business HR support works at long-distance as well. We can and do understand the businesses, concerns and issues of our clients who are based elsewhere, and provide high-quality tailored advice in line with their priorities and business objectives. We visit them, work closely with them and become part of their businesses just as we do a client who is very close by.

But we need to be passionate about working with and supporting our local community. It's something clients are looking for anyway, but also it's how most of our work comes in. By becoming an active part of the local business community, marketing becomes much easier, as local businesses frequently seek recommendations for HR support from other local providers. And being in business is also more enjoyable that way, and a lot less isolating.

If you are an employer and need advice or support with any HR concern please get in touch dawn.cross@face2faceHR

Is your marketing plan as tired as your business brand?

There are many ways to market your business, and the key to maximizing your efforts and marketing spend is to inject variety in your marketing plan.
The following are four tips on how you can diversify your marketing to increase market reach and impact.

Revitalize Your Business Branding

If your brand hasn't had a makeover in many years, it may be time for a new look. This can be one of the most creative and fun aspects of your marketing plan, but it should not be left to amateurs. Remember, your brand is the cornerstone of your marketing. Work with professionals to assess if it is time to vary your brand. If this is given the green light, seek their assistance to develop a strong logo and be sure to include it on all promotions and communications.

Be a Volunteer

A frequently overlooked part of a marketing plan is charitable community giving. Goodwill marketing often has the longest and most lasting impact on the people you want to attract to your business. Consider adopting a charity or offer pro bono services. You may want to donate merchandise, contribute to fundraising auctions or sponsor an event for a local non-profit organization. Most charities make a point to thank their sponsors publicly in their newsletters, programs and advertisements.

Facebook

Consider creating a presence in Facebook to stay in touch with current customers and connect with leads. Remember, communication should be central to your marketing plan. Create a page for your business. This is free, easy to set up and a powerful marketing tool if used properly. Like and share content daily. This process can be automated. The content does not need to reflect your business product or service offering. Be creative and have fun. Share quotes, cartoons, photos etc. to engage with your Facebook community. Regularly run promotions from your Facebook page.

Get Your Business Online

Today's marketplace demands businesses have a one-page website. Start out small with one or two pages. Once you've experimented with the Web, you'll be prepared to expand it with the appropriate information. Again, ideally seek professional assistance to maximize this marketing tool.

If you would like to discuss your Business Value Proposition or need assistance in implementing any of the ideas in this article, please contact **Pavilion Accountancy on 01487 898440**

R&D TAX CREDITS - IT'S NOT JUST FOR THE MAD INVENTORS

R&D Tax Credits - It's not just for the mad inventors.

Over the last few month I have looked at how your business can improve it's profit margin purely by reducing costs.
Cost reduction is not the only way to improve your bottom line and make the most of what you have already got. This month I want to examine a completely different area that could give you a massive financial boost.
Recently I helped a company to make an R&D tax credit claim. The company in question manufactured a unique type of non slip timber decking. They had no idea that this tax credit was available to them. The clam is in progress and should yield them in the region of £9,000-£12 ,000 (for the 2-4 hours effort). The average claim is £42,000
This sounds too good to be true but it is all perfectly above board and legal. R&D Tax Credits has been enshrined in to UK Government legislation since 2002; to actively encourage and reward the endeavour of entrepreneurs in both Limited SME and Corporate businesses, for producing new products, services or systems, or materially improving existing ones.
Recently the chancellor stated that there were no plans to make any changes to this allowance. The Government is actively encouraging businesses to claim, as for every £1 returned in credits, they believe there will be a much larger positive ripple effect, where that £1 becomes much more.
Many people think that you have to have invented something brand new to qualify. The image of the slightly mad inventor beavering away in their lab springs to mind. Actually, the majority of successful applications involve adapting pre existing hardware and software for a unique business purpose.
About two thirds of successful applications are software related. It could be the creation of brand new programs, games and apps but usually adaption of pre existing software to meet a unique business need.

The good news

*This tax credit can be applied against the entire cost of the R&D project. It includes the purchase of any and all hardware or software involved from conception through to construction/application, testing and implementation.
*It includes all costs associated with the people involved in the project (wages, pensions, national insurance in fact everything it took to get those people to complete the project).
*Claims can go back over a number of years not just the last financial year (but they are time limited so act sooner rather than later).
*Multiple claims can be made over time.
If your company is spending money on a or work stream to create, develop or enhance a product, process etc, it can be claimed as R&D.

Contact me on 07929205661 for a free checklist to see if you qualify or email me dean@inspired-ltd.co.uk.

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feature

SUMMER TO DO LIST

FLOWER POWER

June 10/11th
St Thomas a Becket Flower Festival

June 10/11th
St Thomas a Becket Flower Festival

June 17th
Annual Church Fete.

The local area is blessed by not one, but two flower festivals in June, with St Thomas a Becket Church and Upwood Village both offering unique events this year.

In Upwood, the theme is Baptism at St Peters Church, where many Christening gowns will be on display amongst the flowers, while over 12 gardens will be open on the Sunday, with garage sales and a scarecrow competition for guests to enjoy.

In Ramsey, St Thomas a Becket it not letting the necessary repairs get them down, and will be open as usual with a theme of great artists this year, . That's not all from St Thomas a Becket, who will be celebrating their annual fete on June 17th, where plenty of stalls on the Abbey Green.

Plough Day Summer '76

GET CREATIVE

SATURDAY 15th JUNE
The 1940's Camp

Back by popular demand, CREATE-FEST ic coming back to Ramsey following a very successfull 2015 outing. Stoll held at one of our most popular venues, the 1940's camp on Wood Lane, this year the festival is expected to be bigger and better than ever., with music and creative perfomances taking place alongside all the returning favourites which attracted huge crowds two years ago.

The art of crafting has been making a resurgence as can be demonstrated by the number of local crafters that are taking part in this event alongside many well respected and regular crafters who sell around the county,

Alongside the mountain of craftsmen and traders will be food stalls and community groups and plenty more. so why not nip along,, browse and buy some of the beautifully crafted pieces they have to offer.

Craft Festival, Oct '15

AT THE MUSEUM

June 24th
Donkey Day & Museums On Air

July 29th
Horticultural Society Show

Our very own historical treasure house is bringing another packed season of events this year. We've highlighted just two of the many avaliable.

On the 24th, patrons can enjoy Donkey Day, which really speaks for itself, while the Huntingdonshire Amateur Radio Society (HARS) will be activating a Special Event Amateur Radio station from the museum for the eleventh year running. At the end of July, you can also enjoy a special Horticultural Society Show, a nice way to finish the season.

BANDS ON THE GREEN

June 11th
Deeping Dixie

June 18th
Whittlesey Wind Ensemble

June 25th
Wississippi Jazzmen

July 2nd
Peterbourgh City Concert Band

July 9th
Gerry Rose Jazz Tradition

July 23rd
Multiple acts all afternoon

July 30th
Chatteris Town Band

Music is coming to the Abbey Green with the Ramsey Town Council sponsoring another series of "Bands on the Green". Generally held between 2:30 and 4:30 in the afternoon, Bands on the Green is entirely free, so just turn up and enjoy the music in this unique Ramsey setting.

1940's Camp last year!

THE 1940'S WEEKEND IS BACK ON THE 19TH AND 20TH OF AUGUST!

WHAT A WAY TO END THE SUMMER SEASON...

ROSE COTTAGE

A high quality residential care home in Broughton

Rose Cottage is a Residential Home in a setting that provides residential and respite care for anyone over the age of 65, situated in the picturesque village of Broughton, near Huntingdon and St Ives. Set up in 1985, Rose Cottage has grown in size over the years as its reputation for its services has spread throughout the local area.

Recognised locally as an excellent care home, Rose Cottage is chosen because their residents want to live in a safe and supportive environment with first-rate accommodation as well as the opportunity for companionship and involvement together with a close proximity to family and friends. Social activities are also high on the agenda with something for everyone, whether it's the superb in-house entertainment, daily activities or the many trips throughout the year.

Ground floor level

Occupying a large land area, the home is spacious, light and well ventilated as well as being at ground floor level. It's also surrounded by glorious landscaped gardens, a natural pond and rolling fields to the rear.

Mealtimes offer an excellent choice, with a cooked breakfast, a selection of main courses for lunch including one of the delicious desserts from the trolley as well as an evening meal at tea time.

Homely and relaxed

With a total of 38 attractively furnished bedrooms, each with views overlooking the gardens or fields, the atmosphere is very homely and relaxed with dedicated, caring and friendly staff offering the highest standards of residential care 24 hours a day, who do their best to make you feel welcome.

The home is supported by an excellent team of GPs at the Moat House Surgery in Warboys as well as community nurses and other healthcare professionals who visit the home.

Respite Care

Rose Cottage has for many years offered dedicated Respite Care to allow people the opportunity to come and experience the care for short periods allowing their carers to take a break. Many of the people who live in the home have first come to know it through respite stays.

For more information about Rose Cottage telephone: **01487 822 550** or email them at: **office@rosecottagecare.com.**
You can also visit their web site at **www.roscottagecare.com**

RECRUITING RECRUITING

rosecottage
QUALITY RESIDENTIAL CARE

An excellent opportunity has arisen for **Care Support Workers** to join Rose Cottage Residential Home near Huntingdon. In return, we offer competitive pay, shift enhancements for extra cover, workplace pension, 28 days' annual leave, onsite parking, paid breaks, full training, free lunch if you are working more than 6 hours.

Rose Cottage Residential Home is a small community within a rural village setting. We strive to offer the best service in residential care. We have been providing long term care for the past 30 years for everyone over the age of 65.

The Care Support Worker is responsible for providing personal care and support to our clients.

The Care Support Worker `s role will involve:

- Promoting mental and physical wellbeing
- Keep daily personal records of care updated
- Personal care (meals, dressing, undressing, bathing, toileting where necessary)
- Assist with mobilising and transferring service users

The successful Carer/ Support Worker must have:

- Patience to deal with difficult situations
- Caring disposition and empathy
- Desire to make a difference by helping to enrich our clients' quality of life
- Willingness to attend all relevant training in key skills
- Previous experience (not essential) – induction given
- Driving licence and access to own car

Please apply by email to office@rosecottagecare.com or call us on 01487 822550 to be considered for the Carer/ Support Worker role.

Come and be part of the community at Rose Cottage

- Rose Cottage provides a quality care service for people who want an attractive residential setting offering round the clock support.
- Set in a rural location in the picturesque village of Broughton, with its beautiful gardens and spacious accommodation, Rose Cottage provides a tranquil home for anyone looking for care in their later years.
- Enjoy the home cooked food, the events and activities, or just the quiet of your own room.
- Our friendly staff are a big feature of our service and will soon put you at ease.
- Respite Care is bookable throughout the year for people who need short-term care.

Please call us for our brochure or visit our website – feel free to visit us at any time.

T: 01487 822550 **E**: office@rosecottagecare.com

www.rosecottagecare.com

Rose Cottage Residential Home, School Road, Broughton, Huntingdon, PE28 3AT

out+about

A FENMAN REMEMBERS

THE LIFE OF A WARBOYS RESIDENT IN HIS OWN WORDS

During our search into the wonderful history of Warboys, we stumbled upon the autobiography of E.P 'Ted' Brand, a lifelong resident and former High Sheriff of Cambridgeshire. His account of growing up in the village was penned in 1977, but details Warboys from the early 20th Century, and is a fascinating read. We hope to serialise his account in our new Out & About section, and are keen to get in touch with any relatives or descendants. However, for now, here is his description of the village from his childhood. Does this match your recollections?

Taken from Chapter 1 – A Fenman Remembers – penned in approx..1977

There were a lot of very poor people with big families living in Warboys when I was a boy. That meant plenty of labour. Every morning groups of men would stand at special places in the village looking for work. The farmers would come along and say 'I want one, two, three or more men'. They never mentioned money, but the weekly rate was between 9/- (45p) and 12/- (60p). When the 1914-18 War broke out the wage was 15/- (75p) a week. Transport to and from work was not provided so you have to walk. Few people has cycles when I was young.

The Church owned a lot of land. St Mary Magdalene was one of the best livings in Huntingdonshire. The parson had two gardeners, four maids and a chauffeur. At the time of the Warboys Feast which lasted a week, the Rector opened their gardens on the Sunday and gave tea to the villagers.

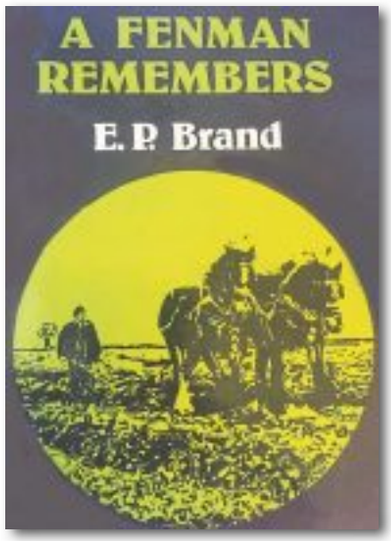
The Church is a very fine one, with a lofty tower and a spire. It's prize possession, though, is the door knocker shaped like a lion's head, the four strong black teeth holding the tails of two fighting dragons.

The Baptist Church which was called by the locals 'the Strict and Particular', was not a very good living by contrast with the Anglican Church, but it was, as it is today, well supported. Then there was the Methodist Chapel, near the White Hart and the large pond that stands in the middle of the village, where baptisms took place and where the horses washed their feet.

There were 28 pubs in Warboys for a population of about 2,000 people. I can remember the drunken men and the frequent fights.

There were two barbers; Wakefields and Rout, four butchers; Cook, Huggings, Fitch and Constance, five bakers; Holmes, Noble, Langley, Onett Bros. and Setchell, two cobblers; Brown and Cox, and two tailors, Curtis and Dines. All the lamps in the village were lit every night by a man who used to g round with his ladder and light them, then return and put them out. The lamps had to be filled every day with paraffin.

And who was who in the village? Well, there was the Lord of the Manor, about half a dozen wealthy families who were farmers and brewers (We had a brewery in Warboys). The Church Minister with his very good living, the Doctor, the Schoolmaster and an Excise Officer. They were the most important people. What a change today! I am sure it is for the better. There were about 20 landowners in Warboys then, nowadays it is owned or rented by 200.



A true find from Ramsey Library

A most unusual library

The story of a village and a phone box

You could almost be forgiven for wandering past the red telephone box at the heart of Upwood village. After all, it sits alongside the beautiful St Peters Church, opposite the stalwart village pub which you have almost certainly enjoyed. Perhaps you are wandering through on the way to Lady's Wood, dogs or kids in tow, and happen by without giving it a second thought. One glance in, however, and that all swiftly changes as shelf upon shelf of books fills your vision. Congratulations, you've found the Upwood Book Exchange.

This, according to Upwood's unofficial Phone-Box librarian Esther Rowley, is often how it happens. "Because through here you get walks coming through", she tells me as we stand opposite the iconic box, "like people visiting the bluebell wood, so there are always strangers coming through and saying 'Oooh! That's interesting, 'Wow, what's this?'.

I had a similar moment several months ago, which is why Esther has agreed to meet me that particular afternoon.

My first questions regard the box itself, which I am told is a K6 model, bought by the Parish Council during the first few years of BT's 'Adopt-a-Box' scheme, which still offers the chance to local organisations and councils to buy telephone boxes for the minuscule sum of £1. Ester recalls the events of the time: "BT came and slapped a notice on the box saying they were going to decommission it, if you're interested, so we said yes! Yes, we are interested, we'll hang onto it!". Upwood Parish Council, at the instigation of former Chairman Cllr Robin Howe, purchased the box and set about converting it into a book exchange.

How does it work? Well, you come along and pick up a book, or leave one if you like! It's really that simple. The box has become so popular, in fact, that Esther has been forced to start a small inventory elsewhere, changing the books over as time goes on. "People are so generous", she tells me, "Sometimes they come and there's a great big box of stuff that I have to heave it out and go through it, find things to put back in and what to filter thorough". This being said, people often return again and again depositing their old read and picking up a new one. "Over the months, you see some books returning, and we're trying to get them classified".

I confess at this point I'm looking not so much for the facts, but the reasons. This is clearly a successful project, and one that the village has taken to heart, but… why? Is it not just a box? Not at all, as the ever-enthusiastic Esther explains. "I've found some amazing books, novels that I would have never come across before, she tells me, before talking about the structure itself. ""It is an iconic image anywhere in Britain, because there were only several thousand made at the time. A lot of places just keep them as a noticeboard, and we do have a little noticeboard, and at Christmas and Easter I always try and decorate it a little, put a little bit of tinsel around it at Christmas and things like that. People just like it!".

There have also been surprisingly few issues, although a few books were soaked by the combination of a slightly mischievous Halloween party and a heavy rainstorm. However, Esther is always looking for new ways to add to the collection, which included DVDs, CDs and local publications. "It's mostly novels", she admits, "but we get a lot of glossy books and We've got room for big books and picture books, but its mostly paperbacks and things like that. I often think, if someone's walking by, they don't want to carry a great big hefty book!" At the minute, we are looking for more children's books, because a lot of families come through, but there is a good variety and people are always visiting it."

Today, though, the box remains the same. Open all day every day, still supported by an enthusiastic parish council and welcome to any and all.

out+about

Take Notice

It's a new section inception! This area of our new "out and about" is dedicated to the issues beyond all our control that could affect your work and leisure time in the local area.

ROADWORKS

The High Street from the Great Whyte junction to Hollow Lane will be closed on 1-2 June while County Council Highways carry out drainage/survey works. Diversions will be in place,

TOUR OF CAMBRIDGE

As you will by now be aware, the Tour of Cambridge will be passing through our area on June 4th. There will be a number of road closures throughout the day on routes around Ramsey, although the race will not pass though Ramsey], Warboys, Bury or Holme directly.

The map ALONGSIDE/BELOW/ABOVE shows the route of the 79.3 mile circuit – please be aware if you are planning on travelling any of these roads during the day.

TOUR OF CAMBRIDGE FREQUENTLY ASKED QUESTIONS

The Tour of Cambridge has provided a list of frequently asked questions on their website – we have provided the answers to the most pertinent local questions below. More can be found online.

What access arrangements are in place for local residents and businesses?

Access restrictions will vary from place to place and will depend on the location and time that the event passes through each town/village. All road closure timings will be kept to a minimum level allowing a safe and secure event. In any event, we will be making every effort to mitigate disruption on the local roads.

These restrictions are necessary to ensure the smooth running of the event while maintaining the safety and security of participants, residents and spectators.

During the road closure period, residents will not have access to the roads closed until the closures have been lifted. We are working with local care providers to maintain access for essential care on the day of the event, as well as local GPs and Doctors on Call Service. All emergency service vehicles, with a blue light emergency, will have access throughout the road closure period.

We regret any disruption this event may bring but we are confident that by carefully planning ahead, we can minimise the impact on residents and businesses. We encourage residents and businesses to plan ahead and make alternative arrangements wherever possible and also use this opportunity, where possible, to organise or take part in any community events or visit local attractions.

It is strongly recommended that all members of the communities carefully consider any movement in the area during the affected weekend; pay particular attention to the scheduling of any deliveries, servicing, maintenance, attendance, appointments and timetables which may be affected.

Are there any special provisions being made for persons requiring critical health care?

All health care and medical providers have been made aware of the event and the road closure periods; all providers have made provision for this and we will be continuing to work closely together to ensure that all care is provided when and where necessary.

All emergency services, who have a blue light emergency, during the closure times will have access to the route.

People requiring access to critical health care during the closure periods must contact roads@tourofcambridgeshire.com.

What access arrangements have been made for emergency service vehicles?

In planning for this event we have been liaising with Cambridgeshire Constabulary, Fire and Rescue, NHS Ambulance services services as well as other critical service providers.

Emergency access to all properties and residents on route will be maintained at all times. Emergencies will be treated in the usual day to day way, and the safety of the residents and visitors alike will be a priority. In the event of an emergency situation occurring within the route, members of the public should contact the emergency services as usual on 999.

Emergency services will be dispatched as normal and access will be co-ordinated by the event organisers.

Will compensation be paid for inconvenience or lost business revenue?

In relation to compensation for loss of trade incurred due to the road closures, there is no general liability to pay compensation. As such, we regret that the Event Organiser and Cambridgeshire County Council are not able to make any payments of this nature.

We have endeavoured to create diversion routes across the event to mitigate against this. In addition, local businesses which believe they may suffer due to road closures can contact the organisers to discuss opportunities for promotion of their business at the EXPO event.

How are residents being informed?

Event information will be shared using various methods including letter drops to homes, local media, and online via the event website.

All road closure information, including timings, will be available on this site and any new questions / answers raised relating to the event will be added to these FAQs. Every household, along with Churches, Businesses and other key stakeholders such as Farms will be informed of the likely impact caused in detail.

Care providers are being asked to ensure information is shared with vulnerable people.

There will also be communications including radio stations and newspapers to encourage the wider community to participate in the events and EXPO.

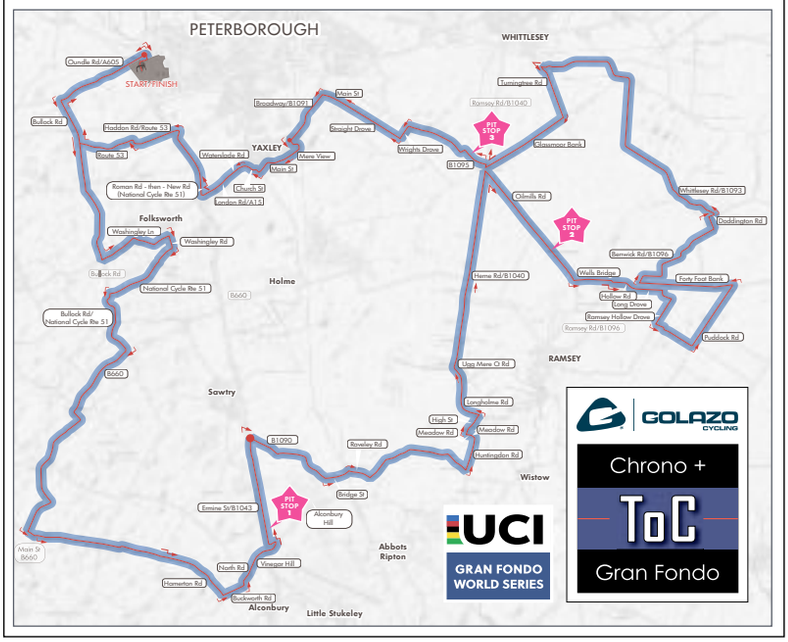
Who in Cambridgeshire County Council approved this event?

Elected Members and Officers of Cambridgeshire County Council were approached by a consortium of local, national and international organisations with a view to hosting this prestigious event in the area due to our stunning scenery and reputation for promotion of Sport.

Following a great deal of consideration and assessment it was agreed that this event would provide considerable benefits to Cambridgeshire including opportunities to promote lifelong physical activity especially cycling; economic benefits for local businesses across Cambridgeshire and to promote the area as a tourist destination, with many Council, voluntary and community led attractions to offer visitors to the area.

Tour of Cambridgeshire

Gran Fondo - 4th June 2017



COUNCILLOR PETER REEVE COLLECTS MBE FROM PRINCE CHARLES

Friday, 19th May was a very special day for Cllr Peter Reeve and his family, as he was presented with a Member of the Order of the British Empire (MBE) medal in recognition of services to local government.

Having served the community since 2009 and being re-elected four times Peter is best known for the community work that he undertakes and the local causes that he campaigns for.

Daughters Jasmine (17) and Lillibet (8) accompanied their father to his presentation at Buckingham Palace. "An incredible day, one that neither I nor my family will forget", said Peter. "A day filled with joy and creating memories. To end the day I celebrated with a special meal at the Ivy with my family," he added.

"I am still humbled at being awarded the MBE for doing what I believe passionately about, serving our community" Peter went on to say.

culture

Upwood Ukuleles with Dotty McLeod & Emma Sanders Back (l to r): Andrew Bilverstone, Jack Holloway, Doug McLeod, Carol Bilverstone, Elspeth Novice, Pauline McLeod Front: Phil Manning, Bert Brown, David Cammish, Dotty McLeod (Radio Cambridgeshire), Lynden Poole, Jon Novice Holding the cheque: Emma Sanders (MAGPAS Fundraising Team)

OVER £10,000 RAISED BY UPWOOD UKULELES

FOR MAGPAS AIR AMBULANCE

Upwood Village Hall was full to bursting on Friday 5th May, with local people waiting to hear Upwood Ukuleles. The "Up U's" have been raising money for Magpas Air Ambulance for the past three years, with this concert being a new venture in that it was the first time they had organised a concert with themselves as the 'stars'.

Thanks to the generosity of local businesses who supported a charity raffle, they raised over £350 and a limited edition print of a Lancaster bomber at Warboys Airfield, donated by the Heritage Museum, Wyton, framed by bespoke picture framer Carol Bilverstone, (also a member of the band) raised an additional £220. Altogether nearly a thousand pounds was raised on the night.

Song specially penned

Emma Sanders from the Magpas fund raising team was moved to tears both by the amount the Ukes had raised and by a song specially penned for the occasion by Doug McLeod, the ukuleles' leader, based on 'Those Magnificent Men in their Flying Machines'.

Dotty McLeod (an honorary member of Upwood Ukuleles but no relation), presenter of the Radio Cambridgeshire Breakfast Show, joined the band for their final couple of numbers and Bob Elvis, a local poet and storyteller, provided an amusing interlude between the two sets of music.

Dotty McLeod said on Twitter: "So much fun! If you ever get the chance to see the Upwood Ukuleles play, do it! Cracking night."

Variety of events

Formed in February 2014 with the accent on having fun and making music together, Upwood Ukuleles have gone from strength to strength, playing at an ever increasing variety of events ranging from WIs and Day Centres to private parties, social evenings and festivals. They have also

Jack Holloway ready for "Albatross" by Fleetwood Mac.

performed on Radio Cambridgeshire just before Christmas in 2014, 2015 and 2016. They include a wide assortment of musical styles and instruments in their shows. As well as the whole range of ukuleles from piccolo to bass, don't be surprised to hear kazoos, harmonicas, recorders and even the occasional trombone! Audiences are encouraged to join in with songs ranging from George Formby classics, through 1960s novelty numbers, to current chart hits.

Upwood Ukuleles would like to thank the following businesses for supporting them by providing raffle prizes: Indiaana Restaurant, Ramsey; Jade Jones, Hair & Beauty, Ramsey; Johnson's of Oldhurst; Lakeside Lodge, Pidley: Liz Reid, Level 3 Pilates Instructor; Magpas Air Ambulance; One Leisure, Ramsey; RAF Wyton Heritage Centre; Ramsey Golf Club: Restaurant Molise, St Ives; Sainsbury's, Huntingdon; Tom's Cakes, St Ives; Uma's Beauty & Holistic Therapies, Bury; White Lion, Bury.

Upwood Ukuleles have performed all over the county and are happy to turn up to your event for a suitable donation to Magpas Air Ambulance.

For further details contact Doug on 01487 814114 or email pndmcleod@btinternet.com or visit our Facebook page: Upwood Ukuleles.

SERVES 4

Chef Kenny's

RECIPE OF THE MONTH

SMOKED HADDOCK & LEEK GRATIN

Wonderful comfort food, this smoked haddock and leek gratin is both delicious and quick and easy to put together.

INGREDIENTS

400g smoked haddock
300ml milk
50g butter
3 leeks , (approx 600g)
2 tbsp flour
100g bread
75g gruyère

Total time required - 1 hr

Prepare Ahead
Preheat the oven to 190c/ Gas5.

Preparation time: 40 mins
Cooking time: 20 mins

METHOD

1. Place the haddock in a pan along with the milk. Bring to the boil, then turn off the heat and cover with a lid. Leave covered for 10 minutes.
2. Wash, trim and finely slice the leeks.
3. Melt the butter in a large frying pan and add the leeks. Cook stirring frequently until softened and reduced.
4. Sprinkle over the flour and stir. Cook for 1 minute. Add the milk from the fish and stir thoroughly.
5. Remove the skin from the fish and discard. Flake the fish into the leek mixture, season to taste and cook, stirring, until the mixture thickens. Remove from the heat.
6. Finely chop the bread, grate the cheese and then mix the two together.
7. Spoon the fish mixture into a large shallow ovenproof dish, sprinkle over the bread and cheese mix and bake in the oven for 20 minutes.
8. Delicious with green vegetables.

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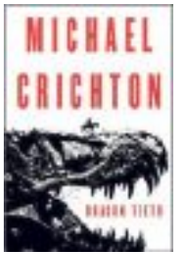
culture

ONE TO READ
Dragon Teeth
THIS WONT DRAG-ON!



Gear up, Michael Crichton fans, there's a new book headed your way.

Despite his tragic passing in 2008, this is the third Crichton work to be posthumously published, and this particular find has all the makings of a Crichton classic. Based on the rivalry between real-life palaeontologists Cope and Marsh, you get inspiring heroes, amazing twists and a perfectly paced read which draws on the authors taste for a mix of meticulous scientific research and sheer magnificence of imagination.

Some might be unhappy, but for me dinosaurs, gun-slinging, Indiana Jones-esque exploration is everything you might want in a bedside read (I mean, hopefully that's not just me?)

Either way, as a fan of his final book, Next, I can't be alone in hoping there are more discoveries to be made from the mind that brought us Jurassic Park.

ONE TO WATCH
Wonder Woman
DC COMICS PUNCHES BACK

Argh, another comic book tale? Surely not! I get that, but bear with me.

The downright disappointment of the comic book revolution in cinema has been the DC series. There are stand-out moments (I adore the Affleck/Irons combo at the heart of the series incarnation of Batman), but the extended universe was starting to look like a damp squib, with not even Henry Cavell and Amy Adams able to keep us interested in the worlds most overpowered superhero during Batman vs Superman. And then Gal Gadot appeared.

This tale had all the makings of a bland origin story – and yet it impresses magnificently. Never getting to bogged down in the cliché, and bolstered by the same surprising comic turns as a Thor movie, it will turn your head. If you're a long-time DC fan looking for something to get excited over, this might be the ticket.

ONE TO LISTEN TO
One Direction
THREE OF THEM, ANYWAY

You know, we just have to go into this.

Amazingly, May 2017 saw releases from not one, but three former members of teen's delight One Direction. The 4th saw the oft overlooked Niall Hoan release Slow Hands, while heart-throb Harry Styles launched his self titled album on the 12th, just days before Liam Payne hit the charts with his debut single 'Strip That Down'. That's a lot of former boyband in two weeks.

You may want to get away from these boys. Sorry, you can't. Niall and Harry bought their talents to late night TV, with Styles taking over James Corden's US chat show and sticking around for most of the week in a blitz of publicity that can only be described as shamelessly affective. Liam is still hitting the headlines with Cheryl (Cole? Payne? Its really anyone's guess..) and his new bouncing baby boy Bear. So we may as well at least listen to their music?

ONE TO VISIT
David Hockney
COMES TO THE TATE MODERN

Usually, I avoid the Tate Modern for fears my British sense of sarcasm will overflow on viewing a pile of laundry titled "societal norms" or something similar and I'll offend every actual lover of art in a 100m radius. But, on the advice of friends, this one was actually worth the danger.

Easily his most comprehensive exhibition ever displayed, the Tate is offering a huge selection of David Hockney's achievements in print and paint alongside his drawings, photography and video installations. From his images of Los Angeles to his Yorkshire landscapes – some of which have never been seen before in public – Hockney proves his worth to the modern art movement despite his 80 years. I don't like to use the phrase "once in a lifetime", but you probably can here – very much worth the train ticket down.

YOUNG ADULT
The Summoner Series
BY TARAN MATHARU

By Emily Bradley-Dorman

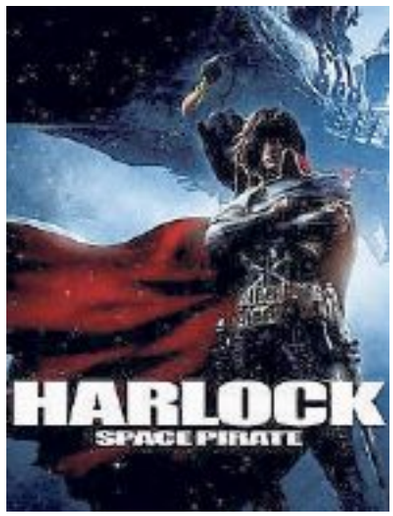
Last month saw the publication of the final instalment of the Summoner trilogy, The Battlemage. I'm new to this series so I read all three books in one sitting. I have to say, since the sun has finally decided to put in an appearance, this is the perfect trilogy to get your teeth into this summer.

The Novice, The Inquisition and The Battlemage are the story of Fletcher as he discovers his ability to summon demons. Throughout the books he and his group of misfit friends are taken on an adventure from the small mountain town of Pelt to the hallowed halls of Vocans Academy and from the depth of the Orc Jungle into the demon dimension.

There is something about this book that pulls you in from page one. With strong Middle Earth vibes and a feel of Hogwarts these books have easily become one of my all-time favourite fantasy series. It is filled to the brim with twists and turns, characters that make you smile and others than make you want to slap them. I haven't loved a friendship like this since Hermione, Ron and Harry and the story kept me guessing throughout. The world of demons Taran creates is enthralling and kept me hooked from the first page of book one right up until the last page in book three.

Overall this series is beautifully crafted and unique. There isn't a moment during the whole trilogy where you aren't cheering on Fletcher and his friends. The relationship between Ignatius and Fletcher made me smile from start to finish. I adored this book and if you haven't read this series yet what are you waiting for? Be gone with you and read The Novice!!

SOMETHING DIFFERENT
Harlock
SPACE PIRATE



God, this looks cool. That's really the only words going through my head before, during and after finding this animé gem. I can't help it. It doesn't even bother me that the word cool, much like myself, is a terrible descriptive hangover from the 90's that has little place in these paragraphs.

Let's start with the synopsis, which would seem to be any male teenagers delight – an immortal space pirate (yes, but bear with me) battles to return to earth, told from the perception of his allies and enemies in the fight for survival. However, you can never take animé at face value, and sure enough as the story unfolds you are hit with complex themes of family, revenge and destiny, all portrayed through an unlikely group of characters that become more surreal as the films nears its conclusion. Let me explain…

> *"...an immortal space pirate battles to return to earth, told from the perception of his allies and enemies in the fight for survival..."*

If you have never delved into the world of animé, that stalwart style of Japanese animated fiction which continues to offer bracing style and adept storytelling, you'll know that it can go one of two ways. The first is all out action, with fairly cliché characters and second-rate storytelling but magnificently imagined scenes and mind-boggling set pieces, or a cutting, dramatic tale with deep dislodge and characters which hinges on a fringe of over-the-top battles. Somehow, Harlock straddles these without becoming bland, and highlights some of the best parts of the genre.

There are some drawbacks to this approach. If this were a western film, it would probably be a trilogy or a tv series, while here the screenwriters have crowbarred around three or four distinct chapters into around 90 minutes. It leaves little time to become to emotionally involved in the story, taking the edge off some of the twists, but I still found myself cheering for the heroes (a rag-tag group of slightly archetypal space pirates) against the evil empire (a repressive space government, of course).

The story is, however, largely unimportant when it comes to the visuals and the world first created in manga form by Leiji Matsumoto. You can't help but admire the sheer imagination, which violently clashes the steampunky pirate visuals with a more ordered, pristine vision of future utopia. The action sequences rely heavily on this, but there is something that brings forth a Pavlovian response from a creative mind that just makes you want to watch more.

There's a reason I'm taking this outside our usual reviews – it is something completely different, and not for everyone. However, animé is a genre that is easily, and wrongly, dismissed by a generation who only saw their kids hooked to a Pokemon cartoon. Harlock is a nice starting point, nothing too complex to follow but proof that the concept of storytelling works in this style, and a doorway to better things. I'd advise giving it, or something in your preferred genre, a try. You never know how wrapped up in this rewarding style you may become.

WATCH! READ! LISTEN! VISIT

motors

BSA BANTAM MEET AT CROSS KEYS ATTRACTS OVER 60 BIKES

By Dave Clough – National Co-ordinater BSA Owners Club

Wow! We are becoming seriously organised in Cambridgeshire. All told, we posted the event to a total of 11 Social media sites / pages. George posted out newsletters to those not connected to email. All we needed was decent weather. Although we were holding our meeting slap bang in the middle of a bank holiday, I need not have worried, by the time I arrived, over a dozen bikes were parked up.

I rode "Black Betty" my faithful 1966 D7 BSA Bantam to the meet. All told over 60 bikes, 12 BSA Bantams and many larger classic BSA's were parked outside the Cross Keys with Bantam owners merrily chatting to villagers and fellow motorcyclists.

Electronic ignition

Philip, one of our regular members turned up, and as usual his modifications held us all in awe. On this occasion, it was the fact he'd designed, built and installed his own electronic ignition, starting on every demonstration on first kick. I'm hopeful that Philip will give us a longer talk in the pub during the winter months. His skill and knowledge of all things electrical left us luddites wanting to know more.

Several lads rode in on 1950's BSA D1's, no doubt the high winds of the day made riding across the fens challenging. We all had a laugh setting off and commented that we'd be going three yards forward, one back. My own D7 hit the headwinds and it proved challenging to keep forward momentum.

Reflection

On reflection George was quite right to post out the meets details to those members who did not have an email, as two of the three local members came on their Bantams. Les, with his wonderful bike, and his very large rear box. We hope to see you soon Les. Nice to see Jerry and his wonderful D3, having recently gone through the re-registration process with the DVLA. Just goes to show the process does work.

Well with over 60 bikes, and 80 Classic bike owners the day was a great success. Special mention to Chris W, riding in high winds to see us, even a famous formula GP racer from the 70's Terry Brown came to say hello. We've now got our very own official photographer, many thanks to Nikki Green for being volunteered.

Pleasant day

All told, a thoroughly pleasant day made all the more enjoyable for us, as the villagers came out to say hello, chat and ask about our bikes. Even the local bobby popped along, turns out he has a BSA Bantam. So that's one Judge and a constable. Our band of brothers is going up in the world.

See you all in a Month.

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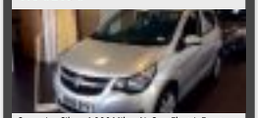

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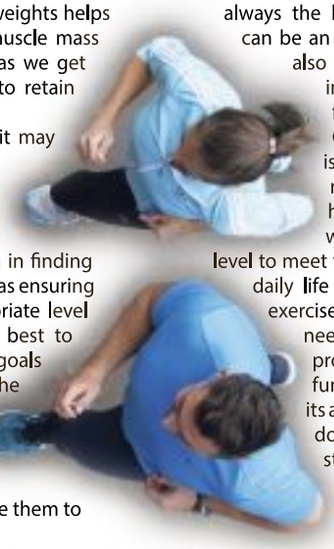
Consistent physical activity and proper nutrition play a vital role in our ability to maintain our overall health and quality of life. Humans are meant to move!!! We can suffer many ailments including excess bodyweight, and the associated problems that come along with it, when we do not.

Maintaining a healthy weight can reduce the risk of cardiovascular disease as well as lower risks for certain forms of cancer. Being physically fit contributes to longevity, improves quality of life, gives you more energy and helps you sleep better. It can help overcome depression & anxiety and has a positive effect preventing or reducing the effects of a wide range of other illnesses. Studies have shown reversal in the symptoms of may conditions including diabetes, high blood pressure, high cholesterol, osteopenia, and osteoporosis. Improving your fitness levels will also enable you to enjoy a wide range of active pursuits for fun. These in turn further contribute to the above list of benefits and the ability to maintain a healthy weight.

The NHS advises that to stay healthy most adults should aim to complete at least 150 minutes of moderate aerobic activity such as cycling, swimming, jogging or fast walking every week. A routine of strength exercises focusing on the major muscle groups should also be included at least two days per week. Training with weights helps maintain bone density and muscle mass which are things we all lose as we get older if we don't take steps to retain them.

If you are new to exercising, it may all seem a bit daunting and confusing. Consulting a professional will help get you started and on the right track. They will be able to assist you in finding activities you will enjoy as well as ensuring you are starting at an appropriate level for your current fitness. It is best to start with small, achievable goals and build from there. The momentum of achieving these goals, and the physical benefits which come with it, are often all an individual needs to motivate them to continue their fitness journey.



Once you're in the routine of exercising regularly, it's essential to periodically evaluate and adjust your exercise program. Once your body becomes adapted to your current routine, it will no longer be physically challenged and you will need to progress your training to keep things moving in the right direction. Keep your routine fresh by changing the kind of exercises you do and their intensity. Just adding more isn't always the best option as time can be an issue and you could also subject yourself to injury or overtraining fatigue.

Good nutrition is essential to maintaining a healthy weight as well as an energy level to meet the demands of your daily life and newly adopted exercise regimen. Your body needs quality fuel and proper maintenance to function to the best of its ability. Good nutrition does not mean starving yourself, nor embarking on diet plans which advocate cutting out food groups. As humans, we need to consume a wide range of foods to supply all the elements vital to our bodies to perform optimally. There are certain foodstuff/products that don't contribute anything to the body except calories; these should only be used minimally.

At all five One Leisure locations in Huntingdonshire, you'll have access to the Impressions gyms facilities, and hundreds of different group exercise classes to keep you active and your body guessing. Our staff are always eager to help customers throughout their fitness journey. All Fitness Consultants are qualified to Reps level 3 with some qualified in exercise nutrition and exercise referral also. Why not get in touch with our knowledgeable professionals for a consultation and begin mapping out your fitness journey?

Getting children involved in exercise is a great way to spend time together as a family unit. It will also ensure that your kids start off on the right track and are much less likely to develop any of the problems that may occur in later life due to a sedentary lifestyle and/or poor nutrition. People often don't have time to exercise because they need to be with their families. A great solution is to get the whole family involved in activities you can do together. Kids love sports, games, cycling, and swimming to name a few.

Here at One Leisure we offer a wide range of activities to members and their families including racket sports, astro turf, swimming, and fun sessions for children. Our Sport and Active Lifestyle team regularly run courses in different activities such as sailing, golf and fencing. There really is something for everyone!!!!

ONE LEISURE **RAMSEY**

Fitness Class Timetable

Issue : 15/05/17

SUMMER PROGRAMME - Tuesday 18th April to Sunday 23rd July 2017

MONDAY

9.20am to 10.10am
Boot Camp
Sports Hall

10.20am to 11.10am
Legs, Bums & Tums
Sports Hall

11.20am to 12.10pm
Fitness Pilates
Sports Hall

6.05pm to 6.55pm
Insanity
Sports Hall

6.05pm to 6.55pm
Ex-Bike
Aerobics Studio

7.05pm to 7.55pm
Tone
Sports Hall

TUESDAY

10.05am to 10.55am
Right Start 5
Aerobics Studio

11.05am to 11.55am
Aquafit
Pool

6.05pm to 6.55pm
Zumba
Sports Hall

6.10pm to 7.00pm
Ex-Bike
Aerobics Studio

7.05pm to 7.55pm
Pump Endurance
Sports Hall

WEDNESDAY

9.20am to 10.10am
Legs, Bums & Tums
Sports Hall

10.05am to 10.55am
AquaNatal
Pool

10.20am to 11.10am
Zumba
Sports Hall

12.05pm to 12.55pm
Aquafit
Pool

1.00pm to 2.00pm
Cyclone Start Up
Aerobics Studio

6.05pm to 6.55pm
Yoga
Aerobics Studio

7.00pm to 7.30pm
HIIT : High Intensity Interval Training
Sports Hall

7.30pm to 8.00pm
Abs Blast
Sports Hall

THURSDAY

10.20am to 11.10am
Total Tone
Sports Hall

6.30pm to 7.00pm
Abs Blast
Sports Hall

7.05pm to 7.55pm
Boot Camp
Sports Hall

FRIDAY

9.20am to 10.10am
Ex-Bike
Aerobics Studio

10.20am to 11.10am
Pump Endurance
Sports Hall

6.05pm to 6.55pm
Circuit Training
Sports Hall

SATURDAY

8.05am to 8.55am
Boot Camp
Sports Hall

9.05am to 9.55am
Ex-Bike
Aerobics Studio

SUNDAY

9.05am to 9.55am
Ex-Bike
Aerobics Studio

10.05am to 10.55am
Legs, Bums & Tums
Sports Hall

CLASS DESCRIPTIONS

Choose from a wide range of aerobic, toning, relaxation and aqua classes available during the daytime, evenings and weekends. These range from low impact classes for those returning to exercise up to high energy classes for those wanting to push themselves.

Abs Blast
A toning and strengthening class focusing on the upper legs, butt, back, abdominals and deep core muscles.

Aquafit
A fun workout in the pool using the resistance of the water for all over toning.

Aquanatal
A relaxing and fun class for women during and after their pregnancy.

Boot Camp
ATTENTION! Our indoor boot camps are no-nonsense workouts that feature circuit stations, shuttle runs, burpees plus agility and fitness drills which are designed to push you to the limit.

Circuit Training
Combines cardiovascular fitness with muscle strength and endurance exercises by moving around different workout stations. Work to your own ability and fitness.

Cyclone Start Up
This class is aimed at anyone who wants a bit more support to get started on the IC7 bikes. This could be because:
You have a medical condition that means you would like extra guidance and support / would like to work at a moderate intensity, or
You would feel more comfortable starting at a session where there is someone there to assist. This may be with a view to moving on to other sessions when you are happy to do so or long-term adherence.

Ex-Bike / Ex-Bike Express
A cardiovascular workout on an indoor bicycle to motivational music that tones and shapes the whole body.

Fitness Pilates
Fitness Pilates produces more effective stretching, strengthening and balancing of the body through specific exercises and focused breathing patterns

Insanity
Insanity is an intense workout that combines the fundamentals of interval training with a focus on building strength, endurance, and balance. Work out intensely for 3 to 4 minutes, and then cool down before beginning the next high-intensity segment. You will then start to see noticeable results as you build core strength and increase your cardiovascular capacity through intense movement and resistance training.

Kettlebells
Kettlebell training is different than other forms of weight training because many parts of the body are exercised simultaneously, and in addition kettlebell training elevates the heart rate for effective cardiovascular training.

Legs, Bums & Tums
An energetic aerobic class which focuses on strengthening and toning the lower half of the body. Helps improve co-ordination, flexibility and stamina.

Pump Endurance
A resistance-training workout that strengthens, tones and defines every muscle in your body using barbells and adjustable weights. Every three months, there is a new class with fresh choreography and music.

Step
Using the step, this is an excellent all over body workout improving fitness whilst strengthening and toning.

Tone / Total Tone
An all over full body workout aimed at toning and strengthening the whole body and your core.

Zumba
Dance your way to fitness at One Leisure. Zumba fuses Latin rhythms and easy to follow moves to create a class that will blow you away. Ditch the workout, join the party!

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health

ADAM'S FITNESS CHALLENGE

A great start to a bad month

PROGRESS CUT SHORT BY INJURY WOES

It's been something of a comedown this month, and while I will always try and find the positives I stand by last month's assertion that every silver lining has a cloud.

A literally Great Run

That having been said, I couldn't not have had a better start. Ten gloriously sunny (and surprisingly scenic) kilometres through the streets of Birmingham as part of their Great Run 10k event. This was my first outing at a larger race, given my previous experience had been a worryingly hilly and rather rural 10k on the borders of Rugby.

How to describe the energy of a Great Run… There is something in the build-up, to be sure. These events are well organised, with warm-ups guided by music which then follows you around the track on well-placed speakers. I chose to run to a 90's theme – it gave the sprint finish something of a cinematic feel, although only that kind of terrible cinema you enjoyed in your teens and now try to forget.

There was also something in the route itself, which took us past the futuristic Birmingham Selfridges, through the park and under Edgebaston Cricket ground, where I came across my first busy water station. This I just about tackled, at one point practically jumping over a runner who slowed more than I expected, but I was left with a conundrum as to what to do with the bottle, which quickly emptied largely over my face. Years of rural living have left me with a disgust for littering, regardless of the perfectly reasonable situation I was in which would happily allow me to throw it to the side – I continued for at least a kilometre before finding a convenient bin on the route where I could deposit it. This was much remarked upon by my running partners, who had followed convention and tossed theirs long ago.

A people person

But what really makes these runs special are the people who turn up. At no event (save perhaps the overtly welcoming parkruns), have I ever seen such a polyglot of people. Again, I was helped by starting in the 90's group, which welcomed runners of all abilities as opposed to the first group of club runners, which quickly came around the course at impossible speeds. I have to include the crowds here, who managed to dot almost the entire ten kilometres, and particularly towards the finish line as they cheered on random runners with as much gusto as you might expect at a derby football match. However, I can confirm what many have told me is true – hearing "Come on Adam" from a complete stranger who has seen my name on my shirt is a bizarre experience that feels at the same time uniquely uplifting and puzzlingly personal.

In the end, I got around in just under one hour and five minutes, nominally as a result of deciding to run with a friend who was slightly fatigued. While I enjoyed the competitive atmosphere of running alone at Draycott Water, it was so much more satisfying to jog along, occasionally chatting and joking, enjoying the run without having to worry too much about the time (although we were all itching to not drop too far back, it has to be said!) However, most importantly of all it seemed my shin splints had dissipated, a week and a half off running and I made it around the course without complaint. I was ready to come back… and then I wasn't.

Another setback

It started in the car park when we stopped for food – my legs had ceased to work properly. I put this down to normal after-race issues, gritted my teeth and had some noodles. (Incidentally, great after run food, could not recommend more!) Then when I went out a few days later, the pain came back with a vengeance, shooting up my shins and around my ankles. Back to square one.

This having happened, I've spent most of the month trying to decipher the mystery. Sam, our former health columnist and proprietor of Palmer Sports Therapy, has made a few suggestions, as have other runners who are similarly plagued. The most enjoyable and vexing one so far has been that I've just got better at this running lark – apparently, I may be lifting my toes a little high on my stride now I'm not plodding along on my heels but running with more experience on the front foot, causing the muscles at the front of my leg to work a little hard.

Either way, general advice has been to rest up a bit and then get into it, so apologies if you've not seen me running about this month – I assure you its not by choice and I'm aching to get back in the game!

A real fear

This has left me with little to discuss this month. One of the problems with this journey I'm on has been the crippling fear that everything could, so easily, return to square one due to injury. And it is certainly easy to fall back into old habits – with my gym membership still in limbo and this excuse to put my feet up, I've found myself slipping back several times, putting off those boring workouts on the exercise bike that I used to enjoy until I discovered there were far more fun ways to get fit.

Diet is always a concern – no matter what I cannot resist the carb-packed bread and potatoes that my routine was starting to allow me to enjoy without guilt. However, the habits I've made are also stubbornly persisting – including walking whenever possible, getting up in the middle of writing sessions to move about and never letting my fitbit beat me at the end of a day without extremely good reason. I still get the thrill of fitting into jeans four inches smaller than when I started all this (I know how dull that sounds but trust me, it really does put a smile on your face) and hopefully a combination of wanting that feeling more, and fearing a potential return to the dreaded 40 inch waistband, will carry through.

A return to form

Fortunately, I'll be back in the gym next week! With the focus of this section having changed so much over the past few months, I'm now working with our partners at One Leisure Ramsey to come up with some new challenges and build on what has already been a very successful year. Fingers crossed, this may soon be augmented by a bike, as friends have an irritating way of bandying words like 'cross-training', 'low impact' and, scarily, 'triathlon' around. As ever, if you have something you think I should get involved in, or just want to see me suffer (it still happens regularly!) then get in touch. Its always a pleasure to hear from you.

sport

The first team in front of the covers paid for from sponsorship by Parallel UK.

Upwood Cricket Club Report - May 2017

Adult Results

At the time of writing the Upwood Adult Teams have a 100% playing record. The seconds were due to play Godmanchester on the 7th May but they could not unfortunately get a side (sadly it seems many teams have struggled recently to get a full team) so Upwood Seconds were gifted full points. Happily, however, they played Houghton and Wyton at home on Sunday 14th May (result unknown) with both teams running out with a mixture of youth and experience.

The First have had a super start to the season winning their first three league games, all played at Upwood.

On Saturday 29th April, Upwood hosted Hampton Seconds. Upwood posted a massive total of 311 (one of their highest scores) with Neil Tuffin scoring 142 including 27 fours and 1 six, supported by Ian Jones who notched up 47. In reply Hampton made a brisk start but started losing wickets gradually and were cleaned up for 135 off just 28 overs. Star bowlers were James Milner (making a welcome return to the 1st team), Zubair Mohammed (making 1st team debut) and Brett Wright all taking 3 wickets a piece.

The next week was against local rivals Ramsey Thirds who batted first and posted a respectable 193 on a perfect batting wicket. Hayder Ali was the pick of the Upwood bowlers mopping up the tail and claiming 4-18 of 8 overs. In reply Upwood started off at a furious pace with openers David Drage (83) and Neil Tuffin (74 not out) putting on over 100 runs at better than a run a ball. The game was wrapped up by Upwood in the 32 second over with just the loss of 2 wickets.

Saturday 13th May, Biggleswade was a sterner test for Upwood in a game they could have lost. Batting first on another excellent pitch Upwood struggled to get the tight bowling of Biggleswade away in the middle overs but accelerated to 239 off their 45 over allocation. New member Hayder Ali posting his highest score ever of 83 ably supported by an unusually sedate 43 from skipper Mitch Newman and an impish knock of 32 (off 17 balls) from the Upwood stalwart Steven "Squidgy" Tuffin.

Upwood looked in a lot of trouble with the Biggleswade openers punishing any bad balls to put on 123 at a very good rate. Steven then shone with the ball and together with brother Neil these Upwood heavy weights tightened the screw and conceded just 55 runs of their 20 overs picking up vital wickets along the way. The away team's innings subsided to 185 for 8 before they ran out of overs.

Upwood 1st were top of the table in Hunts League Division 3 as of 19th May.

Junior Results

The juniors have all now played at least one game in each age group and are showing real progress.

Upwood under 9 Wagtails beat a competitive Sawtry 8 on Sunday 14th May at Upwood with the super decisive running between the wickets from all the Upwood players showing how much the youngster's game awareness has improved since when they started.

The Under 11's after a warm up match against Huntingdon met St Ives in the league at the St Ivo and played against some very strong County under 11 boys. Everyone contributed with bat or ball or in the field with the "Tango moment" (no Champagne moment's as too young!) been a perfect pull shot off their premier fast bowler for four by Sophie Lawrence. Upwood finished second but were missing 3 regulars due to SAT tests. Finally, perhaps most exciting of all, Upwood played an under 13 game for the first time in two against an experienced Newborough side. Considering half the Upwood team had not played a proper game before all performed admirably and will surely develop over the year. Special mention must be made of the two towering sixes smacked by Jamie Nel which would have easily cleared the men's boundary. Newborough finished winners and looked a very good side.

Upcoming Home Games

Please feel free to come and see us on any of these dates:

Date	Day	Team	Start Time	Opposition
4th June	Sun	2nd	1pm	Addida CC
10th June	Sat	1st	1pm	Falcon CC
18th June	Sun	2nd	1pm	Buckden
8th June	Thurs	U13	6pm	Peterborough
16th June	Fri	U11	6pm	Needingworth
20th June	Tues	U9 Kites	6pm	Ramsey
23rd June	Fri	U11	6pm	Bluntisham
25th June	Sun	U9 Wagtails	10am	Warboys
30th June	Fri	U13	6pm	Newborough

We are always looking for adults and juniors to play, experienced or otherwise: Adult membership for the year is just £35 and juniors £15.

Ramsey Rockets over the moon with new kits!

Indiaana (Indian and Bangladeshi cuisine) restaurant and Civil Engineering Safety Ltd, new joint sponsors of local netball club Ramsey Rockets, through their generosity have enabled the club to purchase new kits for their league teams.

The club currently has two teams competing in a Peterborough league as well as entering the Wisbech Summer league and they can now represent Ramsey in style.

Footballers in skirts

Ramsey Rockets are in discussions with Ramsey Town Football Club to organise a friendly netball match to raise money for charity and both clubs. The date and venue will be announced shortly. We hear rumours the footballers will be in skirts for the match.

If you are interested in playing netball, Ramsey Rockets run 'Back to Netball' sessions with a qualified coach on Mondays (excluding bank holidays) from 8-9pm at One Leisure Ramsey AstroTurf. Your first session is free.

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Rob's London to Paris Cycle Challenge

Local resident ***Rob Cracknell*** contacted us recently regarding his London to Paris bike ride in aid of a brain injury rehabilitation trust care home in Ely.

Rob is biking London to Paris between 19th and 23rd July as a thank you to Fen House in Ely who helped him out after he was involved in a road traffic accident in 2012.

If you'd like to sponsor Rob visit www.justgiving.com/rob-cracknell3.

MARATHON SEASON FOR RAMSEY RUNNERS

Pictured: (left) Claire Hewson at the 21 mile point in the London Marathon / (right) Steve Ashurst at 14 miles in the Milton Keynes Marathon

Ramsey Road Runners have been taking on the 26.2 mile marathon distance this past month at London and Milton Keynes. In the London Marathon on April 23rd, Claire Hewson finished in an excellent 4 hours, 4 minutes and 49 seconds in her debut at the distance.

Each year the running club receives a place for one of their members and Claire was the lucky recipient in the ballot. She is already looking to take on the distance again, possibly in York.

Second claim runner Simon Mead was first over the line in London in a time of 2:49:00, closely followed by Darren Paine in a superb personal best of 2:50:03. Andrew Brett also took part, finishing in 3:07:22. Elsewhere, Steve Ashurst recorded a massive personal best at the Milton Keynes marathon on the May Day bank holiday by finishing in 3:30:34. Steve said: "I was trying to get under 3:30 but started to cramp up at 22 miles. I was really happy with my time though as my previous best was 3:34 at Berlin in 2014."

If you are interested in joining Ramsey Road Runners you can find out more by searching for them on Facebook or visiting their website www.ramseyroadrunners.org.uk.

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POOL PROGRAMME
19TH APRIL TO 23RD JULY
EXCLUDING 29TH MAY TO 4TH JUNE

Mo	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.30 - 10.00	Private Use 10.00 - 11.00	Parents & Under 5's 11.00 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Lane Swim 7.30 - 9.00
Tu	Early Birds 6.30 - 8.30	Private Use 9.00 - 11.00		Aquafit 11.05 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Lane Swim 7.00 - 8.00	Private Use 8.00 - 9.00
We	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.00 - 10.00	Aquanatal 10.05 - 10.55	Parents & Under 5's 11.00 - 11.55	Aquafit 12.05 - 12.55	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Floats Fun 6.00 - 7.00	Lane Swim 7.00 - 9.00	
Th	Early Birds 6.30 - 8.30	Private Use 9.00 - 10.30	Adult Lessons 10.30 - 11.30	Private Use 11.30 - 12.30	Adult Lanes 12.30 - 1.30	Private Use 1.30 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Lane Swim 7.30 - 9.00
Fr	Early Birds 6.30 - 8.30	Private Use 9.30 - 11.00		Parents & Under 5's 11.00 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 3.00	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Lane Swim ! 7.30 - 8.30
Sa	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 11.30			Party Hire 12.00 - 12.50	Floats Fun 1.00 - 3.00		Party Hire 3.00 - 3.50	Swimming pool closes at 3.50pm	
Su	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.55	Party Hire 12.00 - 12.50	Floats Fun 1.00 - 2.30		Public Swim + 1 Lane 2.30 - 4.00	Swimming pool closes at 4.00pm	

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STEVE STUTTERS IN MARGATE

Photo by Adrian Amey

British number three minigolfer Steve Lovell struggled back in the pack to a lowly 16th place in the British Championships at Margate recently. Held in trying conditions on one of the most challenging courses in Britain, Steve succumbed to two holes in particular as his disappointment in the event continued for another year.

Steve said, "It's been a while since we have played in winds as strong as that. It's quite disconcerting standing over your ball and seeing it shake on the ground as you're about to take. The 11th, known as Heartbreak Ridge, practically took apart any chance I had of a prize and the 17th I played poorly all weekend". He added, "Although I love playing in Margate, it has the ability to complete wreck your confidence and your scorecard. It was great to get out on the course and hopefully, the experience will sharpen me up for the future".

The event was won for a third time by Adam Kelly of Lincoln. Crowborough's Andy Exall was the runner up and Portugal's Nuno Cunha completed the podium.

Next up are two of the biggest money competitions of the year. The World Crazy Golf Championships in Hastings from June 10th and a week later in Prague for the Czech Masters.

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Supporting communities to provide help for carers close to where people live.
Promoting local health education and healthy living support for all ages.

Education

Bridget will ensure that access education meets the local need:
Keep the new mayor to the promised University for Peterborough.
Fighting for fair funding for ALL pupils and schools.
Ensuring that developers build new schools in advance of housing.
Fight to keep free school meals for Infants.

Jobs

Bridget will deliver local jobs for local people in NW Cambridgeshire
By promoting the region's affordable premises with good transport links, cheaper housing and a skilled workforce.
By working with the new mayor to double the number of apprenticeships.
By understanding how inward investment will work for the region.

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